

Special Reader's Issue

RUNNER'S[®]

WORLD

DECEMBER 2015
RUNNERSWORLD.COM

How To...

- ▶ Get Stronger
- ▶ Snack Smarter
- ▶ Beat Injuries
- ▶ Stay Motivated
- ▶ Love Your RBF

& Be

Awesome!

9

Seasonal
Superfoods



GEAR OF THE YEAR

Hot Shoes, Cool Clothes & Other
Runner-Tested Gift Ideas

WINNER

BOBBY GILL

An ultrarunner and cofounder
of Cupid's Undie Run race series,
which has raised nearly
\$8 million for charity.

RW COVER SEARCH

OPEN FLAP to Meet Finalists!



Real Runners, Amazing Stories

2015 RUNNER'S WORLD COVER SEARCH **FINALISTS**

- 1 BOBBY GILL (co-winner)** Mega Fundraiser **2 DESIRÉE RINCÓN** Racing Machine
3 MICHAEL CATES Cancer to 5K Coach **4 MICHAEL WARDIAN** Endurance Superstar
5 RAHAF KHATIB Role Model **6 SAMANTHA GARDNER** Rape Survivor
7 MICHAEL SCOTT Sedentary to Ultrarunner **8 KIMBERLY GRINER HEINZ** Bearing Angels
9 ANDREW PETERSON Special Olympian **10 JORGE GARCIA** Running in Remembrance



WARMUP

DECEMBER

2015

CONTENTS

RAVE RUN

10

EDITOR'S LETTER

14

THE LOOP

18



89 WINTER SHOE GUIDE

We put dozens of this season's models through their paces—find your perfect fit among the 17 pairs that outran the rest.

BY JONATHAN BEVERLY & MARTYN SHORTEN, PH.D.

ON THE COVER

Get Stronger	40
Snack Smarter	48
Beat Injuries	38
Stay Motivated	36
Love Your RBF	24
Be Awesome	61
9 Seasonal Superfoods	46
Gear of the Year	56
Cover Search	61

61 RW COVER SEARCH

REAL RUNNERS, AMAZING STORIES!

This year's finalists made us laugh, cry, and shake our heads in awe. Meet the men and women runners who moved us the most.

BY THE EDITORS OF RW

77

THE YEAR IN RUNNING

The headliners, trend-setters, history-makers, and record-breakers whose achievements and ideas rocked our favorite sport in 2015.

BY NICK WELDON

82 NUTRITION SPECIAL

FAT CHANCE

Low-carb, high-fat is suddenly all the dietary rage. But will it work for runners? Here's the science, and the reality, of all that bacon.

BY AC SHILTON



21

44



HUMAN RACE

- 21 **What It Takes To...** Swim 2.4 miles, ride 112 miles, and run a marathon. Every day. *For 50 days.*
- 24 **#Zelle** It's time to embrace your "Running Bitch Face." BY KARA CUTRUZZULA
- 26 **We Ran It Off!** These newlyweds vowed to reclaim their bodies.
- 28 **Road Scholar** No, marijuana is not a shortcut to the runner's high. BY PETER SAGAL
- 30 **Runner by the Numbers** To honor fallen soldiers, he runs with the flag they fought for.
- 30 **Go You!** Exceeding expectations.
- 31 **Ask Miles** Shorts over tights?
- 32 **Running for Good** Forget shopping on Black Friday—head to the track and fundraise on foot.
- 33 **Intersection** Yes, that was Galen Rupp you saw in a toga.

RACES+PLACES

- 103 **Rocky 50K Fat Ass** Retrace the Italian Stallion's steps through Philly. In gray sweats, natch.
- 104 **Ask a Pro** Tips for turkey trots.

I'M A RUNNER

- 114 **Robert Herjavec** A *Shark Tank* star finds success to be fleeting in business *and* running.



"My cousin and I ran six marathons together before he died at the World Trade Center," Sid Busch says. "In 2002, I ran six marathons in his honor. Then I joined Running in Honor of Fallen Heroes. I got tired of kids losing their lives defending this country and nobody paying any attention to that."



"The craziest thing I ever saw while running was in Dubrovnik, Croatia, where they film *Game of Thrones*," Herjavec says. "I was running along a road that ended because of civil war."

PERSONAL BEST

TRAINING

- 36 **Run, Run, Repeat** Stave off holiday doldrums with a streak.
- 38 **The Starting Line** It's true. You really *can* run pain-free for the rest of your life.
- 40 **The Fast Lane** Chase speedwork with strength training to take your running to the next level.
- 42 **Race Prep** Festive 5Ks provide a triple whammy of bonding, motivation, and calorie control.
- FUEL**
- 44 **Thanks, Again!** Five recipes to reinvigorate lackluster leftovers.
- 46 **Fridge Wisdom** Reap the nutritious benefits of the best winter produce.
- 48 **Quick Bites** Take these healthy snacks with you.
- 50 **The Runner's Pantry** These low-cal Italian cheeses add rich flavor to dishes.

MIND+BODY

- 52 **Congrats! Now What?** Race recovery starts immediately—and can stretch for weeks.
- 54 **The Body Shop** Six posttrace recovery moves that can be done in tight quarters.

GEAR

- 56 **Gear of the Year** From shoes and apparel to other essentials, these 28 items made our wish list.



WE'RE ALWAYS
RUNNING AT
RUNNERSWORLD.COM



TRAINING VIDEO

Cramped seats can be torture when you're flying home after a race. Pamper those weary muscles with the exercises on page 54, and watch a demonstration at runnersworld.com/flyright.



HOLIDAY GIFT GUIDES

Looking for the perfect runner gift? Find dozens of ideas for that special someone (or yourself) at runnersworld.com/2015/giftguides.



FINALIST VIDEOS

Go behind the scenes at the Cover Search photo shoot in New York City to learn more about our inspiring finalists at runnersworld.com/coversearchfinalists.





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Who inspires your running?



"Pre."



"The Road Runner."



"Sir Roger Bannister."



"My husband, Rich, the best training partner ever."



"'Old John' A. Kelley, 58-time finisher of the Boston Marathon. And 'the Dipsea Demon,' Jack Kirk, who finished the Dipsea trail race 67 years in a row."



"My son. I started running when he was born eight years ago, and I haven't stopped."

Molly O'Keefe Corcoran

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An aerial photograph of a red SUV driving on a snowy, winding road through a forest. The road is marked with tire tracks and curves through a landscape of snow-covered ground and bare trees. The car is positioned in the lower-middle part of the frame, moving along the curve of the road. The surrounding area is a dense forest of tall, thin trees, mostly without leaves, suggesting a winter setting. The snow is unevenly distributed, with some areas appearing more heavily covered than others. The overall tone of the image is cold and serene, with a focus on the contrast between the man-made vehicle and the natural environment.

**MOTHER NATURE
CAN PLAY ROUGH.
PLAY ALONG.**

BE UNST



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OPPABLE



WINTHROP, WASHINGTON

RUNNER

Alyson Dimmitt Gnam

THE EXPERIENCE

The Lone Fir Trail, a two-mile loop, weaves through a valley within the North Cascades mountain range. The path sits 3,640 feet above sea level, so winter arrives in October. The fresh snowfall on the trail—it crosses the aptly named Early Winters Creek—is transformative, says Dimmitt Gnam. “The white brings out the shapes differently, and there’s a hush.”

WHILE IN TOWN

Refuel with a “perfectly flaky” fruit scone while you peruse cast-iron skillets, woolen goods, and organic produce at the Maza-ma Store nearby.

SLOW DOWN

Take a short drive south on State Route 20, and hike up Silver Star Mountain. Stop midway for views of the Liberty Bell, an iconic peak among climbers. Feeling adventurous? Continue upward and traverse a glacier to reach the 8,876-foot summit.

KEEP IN MIND

Snow often shuts down the access road, typically between December and April.

PHOTOGRAPHER

Steven Gnam



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RESOURCE INFORMATION,
AND DOWNLOADABLE
WALLPAPER IMAGES, VISIT
[RUNNERSWORLD.COM/
RAVERUN](http://RUNNERSWORLD.COM/RAVERUN).





GET OUT HERE

IN NIKE FLASH PACK

The Nike Flash running shoes and Nike Aeroloft Flash Vest feature reflective materials that deliver visibility in low light, letting you shine bright when you need to. The shoes' water-resistant materials help keep you dry, and the new vest blends lightweight, lofted insulation and perforated ventilation to keep runners comfortable. So when it gets dark, cold, and nasty, get out in Nike Flash.



BRIANNE THEISEN-EATON:
WORLD CHAMPIONSHIPS SILVER MEDALIST, HEPTATHLON



GEAR UP AT [NIKE.COM/RUNNING](https://www.nike.com/running)



All finalists (except Andrew Peterson, inset) met in NYC for a photo shoot in September, where they were joined by judges Willey and Hamilton (standing, far left), Bart Yasso (behind Roxie the dog), and NBC's Natalie Morales (print dress).

Both winners of the RW Cover Search will receive the following prizes (as though appearing on our cover weren't enough):



Timepieces from presenting sponsor Tag-Heuer: the Formula 1 Diamond Chronograph for Michelle (left) and the Aquaracer Chronograph watch for Bobby...



...shoes and apparel from official running sponsor Asics...



...and a VIP spectator's weekend at the New York City Marathon, including grandstand seats along the finish in Central Park.

STAR SEARCH

THERE'S A SIMPLE but powerful idea behind the *Runner's World* Cover Search: Regular runners do amazing things every day. Beginning in May, we set out to collect as many of these inspiring stories—your stories—as possible, and share them as widely as possible. With requisite hyperbole, we called for “the most awesome runners in America,” those who have accomplished something remarkable, overcome unimaginable odds, or “given back” in a significant way. We weren’t necessarily looking for fast or ultrafit runners, although we certainly found some. We were just looking to be *amazed*. More than 1,600 runners entered, and sharing and public voting engaged a social-network audience of 9.7 million people. With social media in mind, we asked all the entrants to hashtag their running lives (one favorite: *#CancerShmancer* from Michael Cates, who battled lymphoma and is now a Cancer to 5K coach).

After two months of painstaking debate, RW's Chief Running Officer Bart Yasso, Executive Editor Tish Hamilton, and I narrowed the field to 100 semifinalists. In August, after focusing even further on two dozen potential finalists, we gathered in our New York City office with our fel-

low judges—Natalie Morales, an avid runner and host of the *Today* show, and Peter Ciaccia, president of New York Road Runners and race director of the NYC Marathon—to interview them all via Skype. In every conversation, we shook our heads in amazement, and shared laughs with the contenders, who proved optimism is contagious, even from screen to screen. But it was when Natalie wiped tears from her eyes after the very first interview that I knew we were onto something.

We emerged with our finalists, and thanks to support from sponsors Tag-Heuer and Asics, we flew everyone to New York in September for a group photo shoot and a couple days of getting to know each other. What struck me most was how the group personified the same range and openness that defines the runner's world at large, and how these extraordinary people connected with each other and inspired one another. There was ultrarunner (and world record holder) Michael Wardian—long and lean and basically a pro—bonding on a four-mile morning run along the Hudson River with Michelle Hercules Walker, a new runner who had never gone four miles without walking. When Michelle fell behind, Michael Scott, a

marathoner and coach, joined her. “You can do this,” he said. “Stay with me. We’ll finish together.” And so they did.

On a run in Central Park that same afternoon (yes, they ran twice), Rahaf Khatib, a stay-at-home mother of three who had never broken five hours in a marathon, was running with Wardian and Jorge Garcia, who owns a 3:09 PR. “She was so determined to stay with them,” says Tish Hamilton, who hung on as long as she could but then watched the trio get farther and farther away on 8th Avenue. “It was during rush hour, so the sidewalks were packed. They were running single file, hugging the curb, a hijabi Muslim woman keeping pace with two pretty fast guys. It was an awesome image.”

The hardest part of being an editor is deciding what to leave out, and judging this Cover Search was one of the toughest editing jobs I’ve ever undertaken. Ultimately we chose Walker and Bobby Gill as the winners, to appear on split front covers (but all the finalists are featured on the inside flap of the gatefold cover). We hope that you are as inspired by your fellow runners as we are. Their stories begin on page 61, and their video profiles are at runnersworld.com/coverserchfinalists. We plan to do another Cover Search next year, although it seems impossible that it could be any better. But I guess that part is up to you.

DAVID WILLEY

EDITOR-IN-CHIEF @DWilleyRW



This month, split covers feature our two Cover Search winners, Bobby Gill and Michelle Hercules Walker. Photos by Alexei Hay.

Some watches are made for everything.
Forerunner was made for your thing.

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Avengers Super Heroes Half Marathon Weekend
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Star Wars™ Half Marathon Weekend
January 12-15, 2017 On Sale June 14, 2016

Tinker Bell Half Marathon Weekend
presented by PANDORA Jewelry
May 11-14, 2017 On Sale September 20, 2016

PARIS

Disneyland® Paris Half Marathon Weekend
September 23-25, 2016 On Sale January 2016

FLORIDA

Disney Wine & Dine Half Marathon Weekend
November 4-5, 2016 On Sale March 15, 2016

Walt Disney World® Marathon Weekend
presented by Cigna
January 4-8, 2017 On Sale April 26, 2016

Disney Princess Half Marathon Weekend
presented by Children's Miracle Network Hospitals
February 23-26, 2017 On Sale July 12, 2016

Star Wars™ Half Marathon - The Dark Side
April 20-23, 2017 On Sale August 9, 2016

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THE INBOX

HONORABLE MENTIONS

Where was Bart Yasso on “The 50 Most Influential People in Running” (October)? You’d be hard-pressed to find a person who inspires more runners than he does, and his tips are valuable training tools. His reputation as the “mayor of running” stands strong as ever.

STEPHEN DETURK, CENTER VALLEY, PA

It speaks volumes that you left Nick Symmonds off the list. We finally have an elite track-and-field athlete who stands up to the bureaucracy of USATF, and the best he gets from RW is a “Social Star” mention.

JOSHUA WOTEN, VIA EMAIL

MISSING INGREDIENT

I made your recipe for the Chocolate Chip Trail Mix Balls in the October issue (“Meals on the Run”). The recipe calls for dark chocolate mini chips. But I couldn’t find anybody who carried them. Where do you find them?

ELAINE VOLAN, SCARBOROUGH, ME

TIME OUT

I enjoyed the article “Race Naked” (*Training*, October). I’ve used this technique during marathons. I wasn’t enjoying races because I concentrated too much on timed intervals. When I focused on being the best runner I could be without technology, I had better results.

JACKIE WINDSOR, LONDON, ON

CORRECTION: In *The Loop* (page 16, November), it was the Philly-based group RUN215 (@RUN_215) that took over our Instagram account, not RunPhilly.

Send comments to letters@runnersworld.com. If your letter is published, you’ll receive an RW T-shirt.

RUNNER’S WORLD reserves the right to edit readers’ submissions. All readers’ submissions become the sole property of RUNNER’S WORLD and may be published in any medium and for any use worldwide.

Once the issue hit newsstands, we asked readers to pick their favorite runner from each of the six categories in our 50 Most Influential list. More than 20,000 votes were cast. The results:



CHAMPIONS
Kara Goucher
Two-time Olympian



MAESTROS
Dave McGillivray
Race Director, Boston Marathon



GURUS
Hal Higdon
Author of numerous running books



INNOVATORS
Sally Bergesen
Founder and CEO, Oiselle



ADVOCATES
Molly Barker
Founder, Girls on the Run



VISIONARIES
Nicolas Mermoud
Co-creator of the Hoka One One shoe



Everywhere! Dark chocolate chips include those labeled both “semi-sweet” and “bittersweet.”



THE BIG IDEA

RUNNING INVENTIONS WE WISH EXISTED

“A magic pop-up toilet for urgent calls.”

—@ElanSports

“A weather machine that always makes it 50 degrees and overcast with a light tailwind on race days.”

—@AccidentIntent

“A *Star Trek*-style med scanner to diagnose injuries.”

—@SplatMan22

“A truly comfortable way to carry your phone.”

—@SQLTentMaker

“A long-sleeve shirt that has thumb holes and a hole that Velcros/flips up so you can check your watch.”

—@rallyalirun

“An air purifier for when you’re running near cars.”

—ChellyxM

Go to page 114 to read about a runner who turns big ideas into reality.

“Windshield wipers for glasses.”

—@kowskey

“Treadmill spittoon.”

—@ellyekay

“A lightweight mask for winter running that heats up the air before you breath it in.”

—@ValisarVegan

“Drones that deliver me water bottles while I’m out on a long run by myself.”

—@SQLDBA

“A sneaker odometer so I don’t have to track the miles on my shoes manually.”

—@GPescatore

“Something that bottles up and saves your fitness while you’re on an unintentional or intentional break.”

—@ErinStrout

THE FACE OFF

Who would you rather run with?



63%
Gisele

37%
Tom Brady



54%
Shalane Flanagan

46%
Meb Keflezighi



61%
Amy Schumer

39%
Mindy Kaling

Based on 4,617 responses to an online poll

THE TWEET

“EVER SIT IN A MEETING, STARE AT PERSON TALKING, AND IDLY DREAM ABOUT NEXT SNACK? #RUNNERPROB”

@RWtish

RUNNER’S WORLD EXECUTIVE EDITOR

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THE RESURRECTION

In our October story, "Big Hair Days on a Texas Track," we reported that one of the runners on the 1964 cover of *Sports Illustrated* was deceased. In fact, Jeanne Ellison Biggs is 68 and very much alive in Granbury, Texas. She was gracious enough to both forgive us and talk to us about the club and having her mom, "Flamin' Mamie" Margaret Ellison, as a track coach.

First off, we are so sorry we said you were dead.

I am definitely not dead. I checked all the obituaries.

How did the club start?

My sister and I got my mother into this track thing when I was 11 and my sister was 16. Abilene, Texas, used to have summer track programs. My mother decided the coach was not paying enough attention to the girls. So she took us over.



What was she like as a coach?

A lot of girls didn't have money to go on track trips. Mom would make the team go out and collect donations from companies. What we didn't collect she would pay with her own money. She didn't have any experience coaching, so she got ideas from coaches she knew. She ate, breathed, and slept track.

Any favorite memories?

Every year, she would design these fancy uniforms and she had this sewing lady in Abilene make red satin shorts and things like that. She wanted us to look nice.

What were your meets like?

Because we were all "frou-frou'ed up, when we walked onto the track, the other teams would look at us like we were trying to show off. The boys loved us, but the girls were like, "They look good, but they can't run." Then we would perform well and show them up.



What do you remember from the SI cover shoot?

They wanted us to put lip gloss on. We didn't know what it was, just that it was really cool.

What was life like after that?

The thing is, I don't remember there being much of a reaction to it. I was 16, and I don't know if I ever mentioned it to anybody at school.

For the full story of the team, go to runnersworld.com/sicover.



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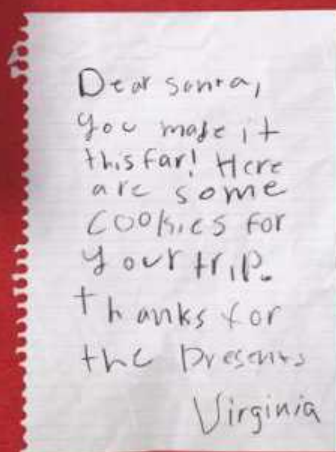
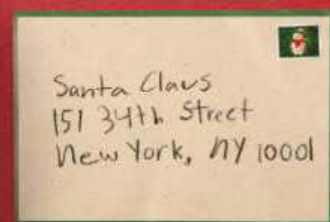


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A COUPLE LOSES 407 POUNDS p26 + SOLDIERING ON p30

HUMAN()RACE

NEWS, TRENDS, *and* REGULAR RUNNERS *doing* AMAZING THINGS



Lawrence did some swims in pools and tried to choose routes that were mostly flat.

WHAT IT TAKES TO...

EXECUTE EPICNESS

A triathlete completes
50 Ironmans in 50 states in
50 consecutive days.
But how?

James Lawrence had one crazy summer. While you were training for a marathon or running 5Ks, the 39-year-old triathlon coach and personal trainer completed 50 back-to-back Ironman-distance events (2.4-mile swim, 112-mile bike, 26.2-mile run) in every state. He began in Hawaii on June 6 and completed the feat in his home state of Utah on July 25. Along the way, Lawrence, who set a Guinness World Record in 2012 by finishing 30 Ironman triathlons in a single year (10 more than the previous record holder), raised \$70,000-plus for the Jamie Oliver Food



→ Foundation to help fight childhood obesity. He traveled in an RV with his wife, five kids (ages 13 to 6), coach, plus two “wingmen” to help navigate and drive. Here’s how they made it happen.

1. PLAN

“This was three years in the making. I bought a huge map and put it on the wall. I knew I had to start in Hawaii, Alaska, or Washington. I used Map My Ride and spent hundreds of hours on Google Earth to plan the routes.”

2. FINANCE

“There was a healthy balance between sponsorship dollars and money out of my own pocket. Twenty-seven companies helped support me, including my title sponsor, Young Living Essential Oils.”

3. TRAIN

“I hired coach David Warden. We sat down over breakfast two



years ago and wrote down the plan. I needed to get stronger on the bike. But we didn’t want to do high-volume running because I’d risk injury. My peak week, I ran just 36 miles.”

STATS

SWIM
121
miles

BIKE
5,619
miles

RUN
1,312
miles

POUNDS LOST
ZERO

DROP IN BODY FAT

7%

CALORIC INTAKE PER DAY

8,500

HOURS SPENT DRIVING

235



SPOUSE OF THE YEAR

Maintaining a rigorous travel schedule with five kids in tow is an extra challenge. “My wife is unbelievable,” Lawrence says. “Her focus was to make sure the kids were happy.” In each state, the family (left) traveled to theme parks, museums, landmarks, zoos, or discovery centers before coming back so eldest Lucy, 13, could run a 5K with her dad.



Thousands of people came out to congratulate Lawrence as he finished his final 26.2 in Utah.

4. PITCH THE FAMILY

“When I asked my wife, Sunny, to go with me, I was still in the middle of my 2012 record attempt. She was like, ‘Finish this one first!’ The kids were like, ‘Game on.’”

5. RECRUIT

“People in each state volunteered. ‘Local ambassadors’ helped plan routes and arranged doctor visits. I saw a chiropractor or massage therapist on weekends.”

6. SWIM

“Twenty swims were in open water. But after dealing with freezing waters in Vermont [state #35], I did the rest in pools, where the water temperature could be controlled.”

7. BIKE

“In Tennessee [#18], I fell asleep on my bike and crashed 30 miles into my ride. The bike was always the longest part of my day. Once I made it through the bike ride, I knew I could handle the run.”

8. RUN

“There were times I did 10 loops around

a parking lot to get to 26.2 miles. I didn’t want to go one more step than I had to. We finished each run with a 5K fundraiser race. Local ambassadors arranged it so runners could join me for the final 3.1. My 13-year-old daughter, Lucy, did all 50 of the 5Ks with me.”

9. EAT

“The hardest part about mealtime was staying awake. For dinner, I ate sandwiches, chicken Alfredo, burritos, and kale salads (below).”

10. SLEEP

“Getting four to five hours of sleep a night in an RV is not the best way to recover from an Ironman. Airbnb was a sponsor and booked us a home in every state, but we usually drove through the night. So the homes were places for the crew and my family to prepare meals, sleep, and do laundry.”

11. REJIGGER

“My body had such a difficult time on hills, so we changed 90 percent of the courses.

I’d find flat stretches and say, ‘This is where I’m going today.’ In Texas [#12] and Louisiana [#13], we were following Hurricane Bill, so we had to move indoors. We put my bike on a trainer, and people came to the gym and ran on treadmills beside me.”

12. FINISH

“I was overwhelmed with love and support as I finished in my home state of Utah. The finish exceeded my expectations. It was electric. I high-fived everyone coming down the shoot, hugged my wife and kids, and took pictures and signed autographs until 11 p.m.”

—MEGAN DITROLIO





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#Zelle WHERE WOMEN RUN ONLINE
BY KARA CUTRUZZULA



I LOVE MY RBF

And you should be proud of yours, too.

W

ho is that monster? ¶ This was my first thought after glancing at myself in a reflective wall during a recent run. The monster's expression was classic RBF. ¶ You've likely heard of Resting Bitch Face, a trending Internet meme leveled primarily—and unfairly—at women (men with this look are typically described as “serious”).

When literally “at rest,” whether standing in the Target checkout line or zoning out during a meeting, RBF sufferers project a severe look of: “Don’t even *think* about talking to me.” The phrase is pervasive; even the Oxford Dictionaries added “bitch face” to their lexicon this year.

Thinking about my reflection, it suddenly clicked. All those mornings when I tried to engage fellow runners and no one responded? It wasn’t (entirely) because New Yorkers are self-absorbed. They simply couldn’t interpret my Running Bitch Face.

If faces are billboards displaying our emotions, mine was projecting: “I’d rather be anywhere but here.” This puzzled me. I love everything about running—from the thwack of my shoes on the pavement to the way it always generates ideas and midrun cravings for coconut water. If I feel like the gatekeeper to Cloud Nine when I run, why do I look like the Crypt Keeper? And am I the only one?

During my next race, I conducted an experiment. While in

the corral, I sized up my fellow runners. Nice-looking bunch. Determined? Of course. But most people were relaxed and smiling like they’d picked up a chill pill with their bibs. Then the starting gun went off.

And the masks went on.

My fellow runners transformed into an RBF army. All of them—from the salt-and-pepper-haired guy in a baggy old marathon shirt to the ponytailed millennial with calves that could crack walnuts—were fixed with looks that were equal parts “fear me” and “finish line or bust.” Of course, I was wearing one of those looks, too. I caught it in my iPhone’s reflection when desperately trying to skip the sleepy acoustic song that infiltrated my #gains playlist.

Like those around me, my own mask was a mix of grit and guts, stubbornness and spirit. Sure, it’s even a little scary. But I was joyous on the inside. Invigorated, triumphant, and yes, perhaps at times hanging by the thinnest of threads. Maybe that’s just the look I need to propel my body from the starting line to the finish line, to help me forget blisters and bunions.

I get it now. For runners—women *and* men—the RBF signals a surrender to the rhythms of running. We might be grinding the pavement while our minds run through grocery lists (cookie batter, kale) or existential crises (meaning of life, kale). We’re avoiding sidewalk divots and tuning into that little twinge. We’re summoning every last drop of energy and are way too busy to care whether we’re grinning like a dope or looking ridiculously photogenic. So what if we look like monsters? We should.

We’re scary strong. 

Writer Kara Cutruzzula planned to run her second New York City Marathon this fall.





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WE RAN
IT OFF!

POWER COUPLE

A husband and wife lose a combined 407 pounds.



ANGELA AND WILLIE GILLIS
BEFORE 340 LB., 492 LB.
TODAY 160 LB., 265 LB.

LEAN ON ME

IN GOOD TIMES...

"Going to the gym was easier than changing our diet, because we went together and we could watch TV," Willie says.

...AND IN BAD

"Our first fight was over the diet," Angela says. "I wanted BBQ and Willie said, 'No.'"

IN SICKNESS...

"I'm an emotional eater," Angela says. "If I had a

bad day, he would get me to go on a run instead of making a bad food choice."

...AND IN HEALTH

"We switched to a vegetarian diet, and cook for each other," Willie says.

→ **On the eve** of their one-year wedding anniversary, in December 2010, Willie and Angela Gillis of Beaumont, Texas, made a vow to get healthy. They needed to: At their heaviest, Angela weighed 340 pounds and Willie hit 492 pounds.

They began by tracking their food and walking on treadmills at a gym. As the pounds dropped, Angela, a 34-year-old business manager, picked up the pace; Willie, a 35-year-old warehouse clerk, continued walking by her side. In late 2011, Angela made an impromptu decision to run a half marathon. "It took me 2 hours and 55 minutes, but I did it," she says. "I joined a running club and convinced Willie to join me."

In 2013, the couple headed to Memphis, where Willie was to run his first half while Angela would do her first marathon. A winter storm forced both events to be canceled. "I cried," Angela says. "We had trained so hard. On race morning, I said, 'Willie, we still have to run.'" Battling freezing temps, Willie ran his 13.1 and then drove behind Angela as she finished her 26.2. "I just wanted her to have her glory," he says. "The run itself was our medal."

Now, five years after their get-healthy pact, Willie has run two marathons and 20 half marathons. Angela, who aims to run a marathon in every state, has knocked 11 off so far. "When we were heavy, we never wanted to try or risk anything," she says. "We are capable of more than we ever thought we were." —ALI NOLAN



THIS FLIGHT

THIS FLIGHT

OR THIS ONE

EVEN THIS FLIGHT

THIS FLIGHT

OR THIS ONE

OR THIS ONE

OR THIS ONE

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Road Scholar

BY PETER SAGAL



HIGHER TIMES

Ultrarunners use marijuana to train with? Dude, really?

“

have an odd request,” I said. “I’m hoping to write a magazine article—”
¶ The saleswoman behind the counter cut me off. “Say no more. I know *exactly* what you need. *Sativa*. Helps you get into deep focus, really get in touch with your innermost thoughts.” ¶ “Sounds great,” I said. “But that’s not why I want to buy pot.” ¶ I had found out about runners using marijuana as a performance-enhancing drug through that underground hot-sheet of the counterculture, *The Wall Street Journal*. All the runners quoted, by name and anonymously, were ultrarunners and talked about the particular value of pot to someone who routinely runs 150 miles a week. In the story, ultramarathoner Jenn Shelton said marijuana helps runners “manage...pain, not puke, and stay calm.” ¶ I’m no ultrarunner, but I was still surprised: I can’t run at all with even a little alcohol in my system, as

the dizziness and nausea overwhelm me. Hell, I’ve had to cancel runs because I took too much Benadryl the night before. As for pot, like most people of my generation, I’ve tried it, and even enjoyed it. But I’ve never tried to do anything while under its influence more complicated than making microwave popcorn (which under those circumstances is delicious). But put aside the question of whether pot *helps* a runner—I couldn’t imagine successfully putting one foot in front of another while under the influence. How in the world could it work? A trip to Washington State, where recreational marijuana sales and use are now legal, gave me the opportunity to find out. ¶ I had once visited a medical marijuana clinic in California for a documentary, and that was all blond wood and soft lighting, with clerks trained to talk and act like pharmacists. Uncle Ike’s Pot Shop in Seattle, though, is a place out of Tommy Chong’s wildest daydreams. It’s decorated like your stoner brother’s basement bedroom, with psychedelia and posters for pot-scare movies like *Reefer Madness*, and has a cheerful, happy staff that really knows their product. Imagine a liquor store staffed by a bunch of really enthusiastic alcoholics—“Ah, looking to get drunk while staring at photos

of your ex? I’d recommend vodka!”

Once I had sorted out with the staff what I was there for and what I could do (quote people by name) and not do (ask about the medical effects of pot, as it was not a dispensary), I got passed to salesman Jason Snell, who in his Seattle Seahawks regalia looked even younger than his 22 years, like a high school kid dressed up for his first NFL game. Snell—who was urged to get into the pro pot trade by his grandmother, who knew it to be a passion of his—listened patiently as I explained that I desired a “good kind” of pot to run on (with?). He then launched into a disquisition on “cannabinoids” and “terpene” and “CBD” and, when all was said (by Jason) and done (by me), had me walking out with a pipe and a vial of a “super uplifting” strain called, charmingly, “Green Crack.”

It was indeed a *sativa* strain, as the first saleswoman had predicted. Jason told me that it was better for mental focus and physical activity than *indica* strains, which create more of a “body high.” I assume he meant that with *indica*, I’d end up sitting by the side of the road, asking myself if I’d ever looked...I mean *really* looked...at my own feet. Oh, and before I left, I posed for a photo with Snell. Turns out, his grandmother is a big fan of mine.

The grand experiment took place two days later. According to the *Journal*, marijuana is used primarily by long-distance trail runners, but the last thing I wanted to do was to toke up and head off into strange woods. Instead, I wanted a short, closed loop so I couldn’t get lost and could easily walk back to my starting place if the run went as badly as I feared. The obvious choice was the path at Capitol Lake Park in Olympia, a 1.5-mile loop at the base of the state capitol—seeing as it was the vision of the legislature that had made the experiment possible, it seemed an appropriate spot.

My designated driver was my friend Bob Haft, a professor at nearby Evergreen State College. Sitting on the

porch at his house, I lit up my new pipe and took a few deep drags of Green Crack. (Runners who aren't into smoking reportedly prefer edibles such as pot-infused brownies, but I was warned that their effects were harder to predict.) Within minutes, certain parts of my brain lit up; other parts shut down. A short but interesting car ride later, we were at the park.

Almost the instant I started off on the path around the lake, I was approached by a man coming the other way with no shirt and flaming red hair and a beard screaming and shouting, "I AM SATAN! I AM SATAN!" We passed each other without additional comment, though I did give him a polite nod, thinking, *Man, I hope other people can see that guy...*

I didn't feel dulled or fuzzy-headed; I felt, as promised, as if my focus had deepened. I was thinking really, really vividly. The problem was my vivid thoughts were hard to hold onto for more than a second. I felt like my brain was a gerbil on a treadmill that wouldn't stand still.

The main surprise of the run was that it happened at all. Despite my altered state, I was perfectly capable of running at a relaxed pace, around 8:30 per mile. This was amazing to me, or would have been if I could have focused on the fact for longer than a few seconds. In any event, I kept moving forward...well, except for the times I lost concentration and walked, but if you want to know the truth, I do that when I'm perfectly sober, too.

The main disappointment was that although I was still running, the running was still taking an effort. The hope that I would suddenly feel weightless, or fall into an effortless state of nirvana-like ease, ended quickly. After a single 1.5-mile lap, I felt as if I had run 1.5 miles and was not particularly looking forward to the second lap—same as always. I passed Bob, who assured me he had seen Satan as well, and started off on lap 2.

And so it went. Even though I was perfectly aware of where I was, what I was doing, and how far I had to go, I was at the same time distant from it. I couldn't focus for more than a few seconds on the effort of my run. We've all experienced that terrible tunnel vision during a hard run, where we say to ourselves, *Just to that tree...*,

and then after the tree, *Just to that street light...*, to get ourselves step by step out of the valley of despair. Not being able to focus on anything for more than a second was a drag—but not being able to focus on how far I had gone, and how far I had to go, was just as much a blessing.

For example, as I finished my second lap, I decided to tack on a little distance, the steep hill up from the lake to the steps of the capitol. It's a series of 15 switchbacks, each at a decent grade, and had I been sober I would have been counting each back and forth across the hill, with one mental column for switchbacks done and another for switchbacks left to go. But on this day I wasn't capable of providing that much context. I was running up a hill. I wasn't certain exactly how long I'd been doing it, and I couldn't tell you how much longer

I had to go, but I knew at that moment my job was to run up a hill, and that was a fine thing to do. Then I got to the top and said "Oh" and decided it'd be really fine to run down and back to Bob.

All through the run my pace was a good deal slower than it usually is, so I can't recommend using pot to win a race. (It might make losing more pleasant, though.) But at the same time, much as pot can make microwave popcorn a feast for the senses, it turned a pretty dull run around an urban pond into something of an adventure. If I were facing a very long run on my own, alone with my thoughts, it might be a fine way to make those thoughts more interesting to be with.

Funny thing—as I finished the final lap, I kept looking for Bob, and started to anxiously wonder if something had happened to him, or if he had left without me, or maybe he was following me, or maybe I was following him, and if two people are running the same circle at the same time, who's following who anyway, and if he were running 10 feet ahead of me, couldn't you say he was actually following me, but like a mile and half behind, and...


Turns out he was right where I had left him, but I had lost track of where that was. Who said you can't get lost on a closed loop? 🍷

Peter Sagal is a 3:09 marathoner and the host of NPR's *Wait, Wait...Don't Tell Me!* For more, go to runnersworld.com/scholar.

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RUNNER BY THE NUMBERS

SID BUSCH

69, CHARLESTON, SOUTH CAROLINA

For the past 13 years, Retired Senior Navy Chief Sid Busch has been running marathons to memorialize fallen soldiers. He carries an American flag and pins a photograph of the honoree to his shirt. Afterward, he sends his race medal to the soldier's family. "When I first started, I would choose a name from the list of casualties," he says. "But word got out, and now I get emails from parents asking me to run for their son or daughter." This January, Busch plans to run his 22nd Walt Disney World Marathon. —ALI NOLAN



200

TOTAL NUMBER OF MARATHONS COMPLETED IN HIS LIFETIME (SO FAR)

70

MARATHONS BUSCH HAS RUN HOLDING A 3-FOOT BY 5-FOOT AMERICAN FLAG THAT WEIGHS 4 POUNDS. "IT GETS HEAVIER AROUND MILE 20."

ONE HUNDRED

Miles he estimates he ran in place aboard a submarine while training for the 1988 NYC Marathon. "If I wanted to get hill training in, I would get my fellow crewmen to put an angle on the sub so I could be running uphill."

4:50

Fastest Walt Disney World Marathon (2001)

7:23

SLOWEST DISNEY MARATHON—RUN THE DAY AFTER THE DISNEY HALF (2015)

26

YEARS SERVED IN THE U.S. NAVY

22

Mile where he broke his ankle in the 1985 Chicago Marathon. "I screamed and limp-hopped until it loosened up. With four miles to go, there was no way I was dropping out."

fifty

Fallen soldiers he's honored by running with their photograph

20,000

Leagues Under the Sea—the Disney movie that inspired Busch to become a submariner



GO YOU!

Runners who inspire us



ALISSA ST LAURENT

Beat all the women AND men in an ultra

St Laurent, 31, was the first runner to finish the 77.6-mile Canadian Death Race ultramarathon in Grande Cache, Alberta (13:51). It's the first time a female has won the event in its 15-year history. And she did it just three weeks after placing second—and setting a female record—at the Sinister 7 100-miler in Alberta. "Early on, one of the male runners asked me, 'Are you planning to keep this pace all day?' I think he doubted me," says the assistant controller from Edmonton. "I said, 'Yep!' I didn't believe it myself, but I said it anyway." —MEGAN HETZEL



RYAN TARAPCHACK

Young man with a big heart

When 11-year-old Tarapchack learned that his friend's 7-year-old sister, Isabella O'Brien, had a rare form of cancer, he knew he wanted to help. "I was afraid because she is really little," says Tarapchack, who lives in Langhorne, Pennsylvania. "I have a little sister, too, and I would be nervous if she got cancer. I know it costs a lot of money." With his family's help, Tarapchack set a goal of completing a 30-day running streak to raise \$10,000 for Isabella. He exceeded his goal, raising more than \$16,000 and averaging five miles a day. "For a kid to do something like this so selflessly, his parents should be very proud of him," says Isabella's dad, Scott, who added that his daughter's tumor is shrinking. —M.H.



ASK MILES

He's been around the block a few times—
and he's got answers.



My running partners are slower than me. Is there a polite way to start with them, then pull away?

—Margaret B., West New York, NJ

No, there isn't. Now that we've got that out of the way, your question makes me wonder how you wound up with this problem. I reckon there are three possibilities: One, you've gotten faster over time. Two, your partners have gotten slower. Or three, you've always been faster than them. If it's number three, you guys were mismatched to begin with. If it's one or two, well, people change. Maybe it's time to find some pace-appropriate partners for your harder runs, or do those workouts solo and run with your current buddies on your recovery days. Either way, the polite thing is to discuss this with them. Not to simply leave them in the dust.

I ran a PR in a half marathon, but the course was a half mile short. I feel a little guilty being congratulated.

—Shannon G., Aurora, IL

Good news! You can stop feeling guilty—because you didn't PR. Neither did anyone else at that race. Setting a personal record in a half marathon requires running 13.1 miles faster than you ever have before. A race that isn't at least 13.1 miles long isn't a half marathon. You can be upset with the race director about this snafu. But don't dwell on it. Channel your energy into training for another half—one with a solid reputation and a USATF-certified course—so you can clock a bona fide PR.

Have a question for Miles?
Email askmiles@runnersworld.com and follow [@askmiles](https://twitter.com/askmiles) on Twitter.

MILES ASKS



Shorts over tights—sometimes, always, never?

- Sometimes. It can get cold out there. [@bendorfman](https://twitter.com/bendorfman)
- Nope. NopeNopeNope! [@MonkeyCW](https://twitter.com/MonkeyCW)
- I always wear shorts over my tights for modesty and warmth. My answer is a passionate yes. [@soccerlube](https://twitter.com/soccerlube)
- Always, but I'm a...what's the word...Clydesdale. [@jaredwill](https://twitter.com/jaredwill)

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Robinson is featured in this issue's HR logo.

**RUNNING
FOR GOOD**

GET ON TRACK

Forget the mall. A marathoner offers a better post-Thanksgiving activity.

→ **While bargain hunters** run laps around big-box stores on Black Friday, razing shelves to find the best deals of the year, Eric Robinson will run laps on a track, raising money for charity. Track Friday is Robinson's antidote to the annual shopping frenzy that occurs the day after Thanksgiving.

Robinson, 39, conceived the idea after Hurricane Sandy devastated coastal areas near his home in Middletown, New Jersey, in 2012. Interested in supporting relief efforts, Robinson, a 55-time marathoner, committed to running his next 26.2-miler around a local track while raising money for a food bank. He picked the day after Thanksgiving, not just for the perfect pun, but because he knew all his friends and family would be home to provide support.

As people donated money, some offered to pace him for a few laps or even fundraise for their own causes. "The pile-on started, and we had more

than 50 people who raised over \$22,000," says Robinson, who works as a director at a pharmaceutical company.

Robinson's concept is simple: Pick a distance, choose a charity, fundraise, then go run or walk around a track. Track Friday has no fundraising or distance minimums, no designated charity, and no registration. "Doing a charity marathon can be intimidating," Robinson says, whether it be the distance or the thousands of dollars each participant has to raise. "What if I

want to raise 50 bucks for my cause and ask a few friends to join me?"

Since 2012, participants of Track Friday have raised more than \$60,000 for 50 charities. Robinson wants to encourage people to make a trip to the track their new holiday tradition—something families do after breaking the wishbone and before scouring stores. "It's a way to see your friends, feel less bloated, and do good things." —KIT FOX

JOIN THE MOVEMENT

1 / SET YOUR GOAL "You can run or walk as far as you want, as fast as you want. Aim to raise any dollar amount you want."

2 / SUPPORT YOUR CAUSE "Visit our website (trackfriday.org). Create a fundraiser for your cause or support a cause already there."

3 / SPREAD THE WORD "Use social media and email to tell the world what you're up to. Looking for a crowd? Use our map to find Track Friday meet-ups, or start your own meet-up. Encourage everyone at your Thanksgiving table to join you."

4 / SHOW UP "Don't have access to a track? Do it on a park path or in your neighborhood."

Track Friday meet-ups have occurred in California, Florida, Illinois, New Jersey (right), New York, Ohio, Pennsylvania, and Texas.



PHOTOGRAPH COURTESY OF BABY BUDDHA PHOTOGRAPHY (GROUP OF RUNNERS)

THE INTERSECTION

Where running and culture collide

MOMENTOUS

One of Oscar Pistorius's jailmates gets busted for planning a prison break. Guards find a gun, a guard's uniform, and a jail blueprint hidden inside a prison treadmill.

Dead Butt Syndrome? Not on Michelle's watch. The White House requests up to \$700,000 to buy standing desks for staffers.

Triathlete and NASCAR driver Jimmie Johnson helps a 25-year-old with cerebral palsy finish a sprint triathlon.

Orphan Black's Tatiana Maslany is in talks to star in *Stronger*, the story of Boston bombing survivor Jeff Bauman. Maslany is expected to portray marathoner Erin Hurley Bauman.

A Fitbit ad ends on a heartfelt note with Dick and Rick Hoyt, legendary father-son marathoning duo.

Marathon newbie Ethan Hawke respects the distance, saying he's "daunted and terrified about taking on the New York City Marathon."



STOP!

At Dubai's first Camel Marathon, owners will race camels 50K across the desert to win "luxury vehicles and cash prizes."

Unsure why Spike Lee is named grand marshal of the NYC Marathon? So is he. "The most I've run is, like, four miles, and that wasn't recent either. I once tore my patellar tendon jumping up and down at a Knicks game."

Olympians Galen Rupp and Ashton Eaton (right) are among the former University of Oregon athletes featured in a Nike video parodying *Animal House*.

Lederhosen-clad Usain Bolt celebrates Oktoberfest in Munich...

Aussie beer company Pure Blonde offers a free six-pack to anyone who submits GPS data for a 6K run.

...and three days later, struggles to beat an 8-year-old boy in a footrace on the *The Ellen DeGeneres Show*.



After Drake is blamed for jinxing Serena Williams, Lolo Jones tweets the singer, "I'm here for you boo. My season is already in the crapper, so no one will blame you."



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PERSONAL BEST

GET FIT, EAT SMART, RUN STRONG



*Two beams
illuminate the
path at your feet
while a spotlight
shines ahead.*

HALO, GOOD TO SEE YOU

Once darkness encroaches on winter workouts, runners reach for protection against not only the elements but also motorists. According to a *Runner's World* field test, strapping on a headlamp will help you see and be seen from as far away as a half mile. The running-specific headlamp shown here—the Halo Fire from Nathan Sports—has three LEDs with four beam strengths ranging from low (25 lumens) to sprint (288), as well as a warning strobe light (100) that can be set to react to oncoming headlights. The beam strength can be changed by waving a hand over a sensor on the front of the headlamp, which has a reflective strap. For more reflective gear, see page 56.



RUN, RUN, REPEAT

Stay motivated with one mile a day during our Holiday Streak.

By Cindy Kuzma

IN THE SEASON of shopping, parties, and cookies, even *Runner's World* editors can suffer from low motivation (or lack of time, or both!). To combat the urge to shelve running until after “Auld Lang Syne,” senior editor Meghan Kita and a friend devised the *Runner's World* Holiday Run Streak in 2011, and it's become an annual event. The streak has just one rule: Log at least one mile per day between Thanksgiving and New

Year's Day. (Optional, but encouraged, is use of the #RWRRunStreak hashtag.)

The list of reasons to streak is nearly as long as a 6-year-old's letter to Santa. For one thing, consistency improves endurance, efficiency, and speed. Steady mileage can also ease stress and burn off holiday treats, or help you avoid overindulging entirely. “There's something about keeping a promise to yourself that can translate

Brag on social media with **#RWRunStreak** to keep yourself accountable.

to other parts of life,” says Shannon McGinn, a four-year streaker and coach at Creating Momentum in Woodbridge, New Jersey.

Above all, having a goal makes good habits stickier. “Streaks can provide motivation when you just don’t have any,” says Jeff Knight, clinical exercise physiologist for Under Armour Connected Fitness. Here’s how to streak smartly.

START HEALTHY

Anyone who wants to streak can try it, provided the timing is right, McGinn says. Before attempting the streak, you should have three months of consistent running under your belt (at least three days per week) and the ability to run four miles without stopping. And don’t kick off a streak while fighting aches and pains. If you’re currently or recently injured or are brand new to running, try a modified version (see “Consider the Alternatives,” below).

SLOW DOWN

Runners like McGinn and Derrick Spafford, a

Canadian ultrarunner and coach who’s run every day for nearly 26 years, sustain streaks by keeping most runs at an easy pace to prevent burnout and injury. Speedwork and tempo runs aren’t off-limits—just take an easy day before and after hard efforts.

The other secret: Do just the bare minimum when necessary. If you planned to log five miles but feel extra sluggish or sore, start with just a mile and see how it goes. “If you still feel like crap, limit it to that short and easy run,” Spafford says. Odds are, you’ll feel better the next day.

COMMUNICATE

If you sneak out each day for your run, your friends and family might label you selfish. But fill them in on your quest, and suddenly you have a cheering squad instead. “People start rallying behind you,” Knight says. “They’ll ask, ‘Oh, did you get your run in today?’”

PLAN FOR SUCCESS...

Run first thing in the morning if you can, before

other events interfere. Keep running clothes and shoes with you at all times. If you’re traveling, stash them in your carry-on rather than checking them. Think creatively—long airport terminals and treadmills are your friends, Spafford says.

...AND FOR FAILURE

One big risk of the streak: Breaking it can zap your motivation. To prevent this, plot out a future goal, such as completing your first 10K or running a faster half marathon next year, Knight says. If you miss a day, restart the next day, remembering that an imperfect streak will get you closer to your long-term targets than no running at all.

LISTEN TO YOUR BODY

Running every day may pose an injury risk. Reduce it by varying your surfaces—logging some miles on softer trails or the treadmill will reduce the impact on your muscles and joints, Spafford says. And make sure to build in time for maintenance in the form of dynamic warm-ups, postrun stretching, and foam rolling.

Doing a short run with sore muscles likely won’t cause long-term damage. But if you feel localized pain that worsens or alters your gait, you may need to stop your streak to prevent an injury requiring more time off later, McGinn says. 🏠



FOLLOW THE LEADER Advice from the world’s best runners

MOLLY FRIEL, 48, of Fresno, California, tops her age group in the U.S., with a 2:41:30 Olympic Trials qualifier and lifetime best at the California International Marathon.

STAY ON TRACK

“Stick to the training plan, because the most important runs are those you want to do the least. That consistency is what will get you through the final miles of your next race.”

STAY STRONG

“My big strength exercise is pushups, 25 to 30 every day, because if you can keep your arms moving, your legs will keep moving. I also count them as planks, so it’s multitasking.”

THE WORKOUT

“On 90-minute easy runs, I do the last five to 10 minutes at 5K goal pace. The idea is to run hard on tired legs; the last 10K at Cal International was my 10K PR.”

—BOB COOPER

Consider the Alternatives
If you can’t (or don’t want to) run every day, try a modified streak.

GO FOR MILES

Aim to log a cumulative 37 miles—the equivalent to running one mile per day—between Thanksgiving and New Year’s.

DO AN EXERCISE STREAK

Clock 15 minutes of any type of cardio activity each day—cycling, swimming, dancing at a holiday party—to build fitness with less impact.

GET STRONG

Try a strength-move streak by doing a minute-long plank, 25 pushups, or 25 squats every day.



THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY



HEALTHY, HAPPY RUNNING

My best advice for staying injury-free forever

➔ On July 12, I ran the Missoula Marathon, my 200th 26.2, to celebrate turning 70. I competed in the 1972 Olympics in the 10,000 meters, and as I trained to remain a top athlete, I had an Achilles problem in 1977. Then I had an epiphany: I wanted to enjoy every run, pain-free, for the rest of my life. I have run almost every day since 1978 without one injury. Here's how I'm doing that—and how you can, too.

TAKE WALK BREAKS

Doing a mixture of running and walking gives me control over how I feel on a run and how quickly I recover. If I start to experience aches or fatigue, I can adjust the amount of running and walking to heal while I continue my daily runs. Run-walking in races helps me bounce back quickly.

SHORTEN YOUR STRIDE

Taking short steps and keeping your feet close to the ground reduces stress on your feet, legs, joints, muscles, and tendons. A short stride, when paired with walk breaks, can keep your legs feeling fresh and strong even as your body loses flexibility and muscle mass as you age.

RACE YOUR WAY FIT

I stopped doing speedwork in 1978—if I wanted to run fast, I'd enter a 5K. I also started to look at marathons as long training runs rather than races, and two years later, I ran my PR (2:16). Races offer a sense of community and a mental boost that helps you run faster with less effort.

BE OPEN TO CHANGE

Runners are stubborn, especially those who've been at it for years. Many hesitate to slow down, add walk breaks, or run fewer days, even as they stop enjoying their runs (and start getting injured). But change is good—the right strategy can allow mature runners to feel good on every run.

You Asked Me

Jeff answers your questions.

How can I stay interested in running once my speediest days are behind me?

It's possible to change your priorities—instead of prizing competition, celebrate the beauty of running as the sun rises or sets, or the sense of victory from conquering a hilly route.

What goals can I set for myself that don't involve fast finishes?

Every runner can find challenges that aren't tied to time: going longer each month, racing in every state, and so on. Determine what about running makes you happiest—being with other runners? exploring new places? the solitude?—and choose a goal that involves doing more of the running you love.

Fact or Fiction

The more years you run, the more likely you are to get injured.

FICTION

Research shows that aging runners have healthier bones and joints than their non-running peers. By taking the right measures and listening to your body, you can run until you're 100.



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HEAVY METTLE

Lift to fatigue after hard runs for big rewards.



According to purists, the best supplementary workout for runners is more running. There's some truth to this, but many top athletes also strength-train. By working weak muscles and correcting imbalances, these runners hope to reduce their injury risk, which will allow them to run even more. More subtly, strength-training boosts running economy, allowing you to hold the same pace while burning less oxygen. And all of this becomes even more important once you reach your mid-30s and start fighting age-related muscle loss.

The challenge is that endurance and strength-training place competing demands on your body. To get the most out of your strength sessions without compromising your running, keep the following guidelines in mind.

Do as many reps as you can with good form—which may not be many after speedwork.



WHAT TO LIFT

Recent studies have shown that tiny dumbbells, big barbells, or body-weight exercises can produce similar gains as long as you **lift to momentary failure, the point at which you can't complete another rep with perfect form.**

Include two or three exercises each for the upper and lower body, plus some that target core and hip strength; aim for three sets of each exercise, twice a week.

To optimize running economy, focus on lower-body exercises that recruit large amounts of muscle all at once, like weighted lunges and squats. Or, include explosive plyometric exercises like two-legged and one-legged jumps, and eventually drop jumps, which involve stepping off a low box or step and then jumping as high as you can as soon as you land.


WHEN TO LIFT

Runners should generally run before lifting weights, because trying to run after can change your mechanics, potentially ingraining bad habits. **Lift weights either immediately after a hard workout or later the same day.** That makes your hard days extra-hard but ensures that you can recover on easy days.

You don't have to lift hard all year long. Studies have found that a six-week block of focused strength-training during a race buildup is sufficient to boost performance. It's still good to keep up a low-key maintenance program throughout the year, but you can reserve lifting to failure to coincide with preparing for goal races. Scale back your lifting two weeks before race day, and don't lift at all during the last week to recover without detraining.

HOW TO RECOVER

A hard run plus a strength session might leave you jelly-legged the next day. Make sure that you're getting enough protein to help your muscles repair—not just right after the workouts, but throughout the day. Aim for four to five doses of about 20 grams of protein (e.g., two eggs and a cup of milk), including one just before bed.

To deal with next-day soreness, you can try aids like ice baths and compression garments, but it's far better to prevent soreness by progressing your strength routine slowly. If you haven't been lifting weights, **take a six-week block to build up to lifting to failure.** Be similarly cautious when trying new exercises. You should be tired when you wake up the day after an interval-weights double—but if you can't get out of bed, you're not getting faster. 

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HAPPY
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RACE PREP

JINGLE ALL THE WAY

Make time for a festive 5K.

By Caitlin Carlson

FROM TURKEY TROTS to Resolution Runs, it's a hopping time of year for short, family-friendly races. These fun runs offer a healthy way to bond with visiting relatives, to stay motivated after your goal race, and to keep feasting in check, says New York City–based running coach Elizabeth Corkum. “While the calorie burn for a 5K won’t cancel out the damage many of us do on Thanksgiving, for example, it’s easier to make better nutrition choices on days we are active,” says Corkum, who’s certified in sports nutrition. Still, race calendars aren’t the only ones jam-packed right now. Here’s how to play your festive 5K depending on when you fit it in.

YOU JUST RAN A GOAL RACE

You can run a 5K a week or two after a half or full marathon, Corkum says, but don’t race it—your body needs time to recover.

Do a few easy runs between your goal race and the 5K, keeping them short (three or four miles, max) and 25 percent slower than your usual pace. And make time for dynamic stretching and foam rolling, which will help your muscles rebound before you race again, says Nike+ Run Club coach Joe Holder.

YOU WENT TO A PARTY LAST NIGHT

A “fun” 5K shouldn’t stop you from enjoying a festive fête the night before. “You don’t want to feel ill the next morning, but you want to be part of the party,” says Corkum. To do that, **eat a little bit of lots of things** instead of spending your evening next to the cheese platter or dessert table. Mixing it up will prevent you from OD’ing on foods that cause problems in large quantities. And try to eat early—

you’ll have more time to digest before bed. If you’re drinking, limit yourself to one or two alcoholic beverages for best results. Holder suggests avoiding soda and juice mixers, which can cause spikes and drops in blood sugar. Sip water all evening and some sports drink before bed to wake up feeling good, says Corkum.

YOU JUST HEARD ABOUT IT

When you get to your relatives’ house two days before Thanksgiving and discover everyone else has signed up for the Turkey Trot, you’ll probably want to join in—even if you’ve been slacking. **If you can run 20 minutes without stopping, you’re cleared to do the 5K**, says Corkum. If you want an idea of how long the trot will take, head outside a day or two prerace and run a mile at a pace that’s an 8 on an effort scale of 10. Multiply this time by 1.1 to get a realistic 5K pace, says Holder. Or, ditch the time goal: “Forgetting about the clock can be fun,” says Corkum. 🐾



YOUR PERFECT RUN

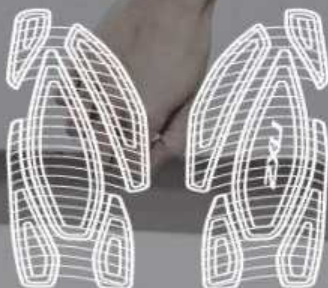


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THANKS, AGAIN!

Repurpose your holiday leftovers into delicious, runner-friendly fare.

By Matthew Kadey, M.S., R.D.

LEFTOVERS TURKEY AND CRANBERRY SAUCE

TURN THEM INTO **Turkey Salad with Cranberry Vinaigrette**

Cranberries provide proanthocyanidin antioxidants that protect your cardiovascular system by reducing inflammation, cholesterol levels, and artery stiffness.

Makes 4 servings

- ½ cup cranberry sauce
- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. cider vinegar
- 2 tsp. Dijon mustard
- 1 tsp. fresh thyme
- 1 clove garlic, mashed
- ¼ tsp. salt
- ¼ tsp. black pepper
- 8 cups (8 oz.) baby kale
- 2 medium carrots, peeled and shredded
- 2 medium parsnips, peeled and shredded
- 2 cups (10 oz.) diced cooked turkey meat
- 2 pears, thinly sliced
- 4 oz. soft goat cheese, crumbled
- ¼ cup pecan halves, chopped

Whisk together cranberry sauce, olive oil, cider vinegar, mustard, thyme, garlic, salt, and pepper. In a large bowl, toss the kale, carrots, parsnips, and turkey with enough dressing to coat the greens. Divide among 4 plates and top with the pears, goat cheese, and pecans. Drizzle the remaining dressing over the salads.

LEFTOVERS CHEESE AND DRIED FRUIT

TURN THEM INTO **Fancy Fig and Brie Grilled Cheese**

Softer cheeses, like Brie, melt beautifully when grilled, while dried figs provide notable amounts of fiber, vitamin K, and bone-building calcium. Add turkey for a dose of selenium, which may help raise your mood.

Makes 4 servings

- ¾ cup (4 oz.) dried figs, stems removed
- ¾ cup apple cider
- 1 tsp. dried thyme
- Pinch of salt
- 8 slices whole-grain bread
- 4 oz. brie cheese, rind removed
- 2 cups shredded turkey
- 2 cups baby spinach
- 2 Tbsp. unsalted butter

Place figs, apple cider, thyme, and salt in a saucepan. Bring to a boil, reduce heat, and simmer for 20 minutes. Remove from heat and let cool for 15 minutes. Blend mixture into a chunky paste. Spread fig paste on each slice of bread. Among 4 slices divide the cheese, turkey, and spinach and top with the other slices of bread.

Heat ½ Tbsp. butter in a skillet over medium heat. Cook sandwich until cheese is melted and bread is golden brown, about 3 minutes per side. Repeat with the remaining butter and sandwiches.

Turkey Salad with Cranberry Vinaigrette

Dark cuts of turkey are more flavorful than white, contain only an extra couple grams of fat, and provide more zinc and iron.

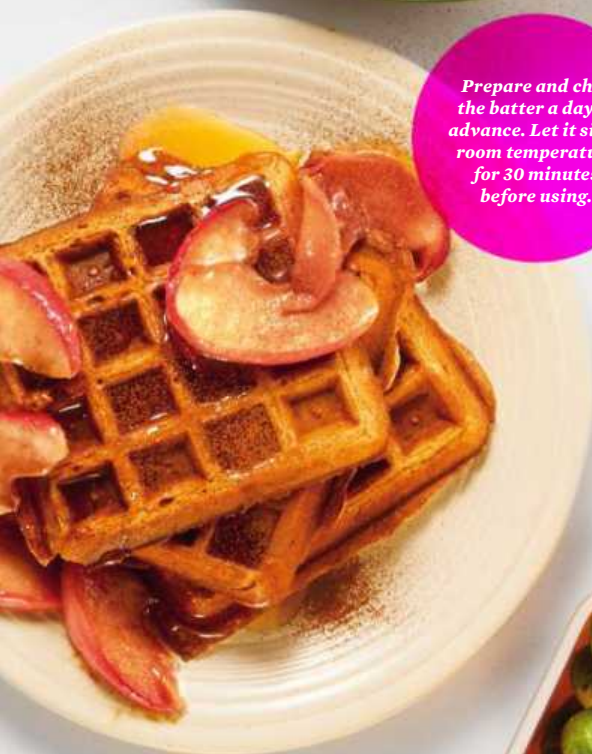
Fig and Brie Grilled Cheese



Ham and Brussels Sprouts Frittata



Pasta with Butternut-Coconut Cream Sauce



Prepare and chill the batter a day in advance. Let it sit at room temperature for 30 minutes before using.

Sweet Potato Waffles with Maple-Braised Apples

LEFTOVERS HAM AND BRUSSELS SPROUTS

TURN THEM INTO Anytime Frittata

Ham adds a boost of lean protein for muscle recovery.

Makes 6 servings

- 6 large eggs
- 2 large egg whites
- $\frac{1}{3}$ cup low-fat milk
- $\frac{1}{2}$ cup grated Parmesan
- 2 tsp. fresh thyme
- $\frac{1}{4}$ tsp. black pepper
- $\frac{1}{2}$ tsp. paprika (optional)
- 1 Tbsp. canola oil
- 3 cups sliced raw Brussels sprouts
- 2 cups sliced mushrooms
- 2 shallots, chopped
- 2 cloves garlic, minced
- 2 cups diced cooked ham

Heat oven to 400°F. Whisk together eggs, whites, and milk. In a large bowl, stir in cheese, thyme, pepper, and paprika (if using).

Heat oil in a 10" ovenproof skillet over medium heat. Add Brussels sprouts, mushrooms, shallots, and garlic; cook until vegetables are tender, about 5 minutes. Stir in ham and pour egg mixture into pan. Cook 3 minutes, without stirring.

Transfer skillet to oven and bake until the egg is set in the middle, about 12 minutes.

LEFTOVERS SQUASH

TURN IT INTO Pasta with Squash and Coconut Sauce

Pureed butternut squash creates a velvety sauce packed with beta-carotene, which may reduce the risk for developing diabetes.

Makes 6 servings

- 2 cups cooked butternut squash
- 1 cup light coconut milk
- 2 tsp. curry powder
- 2 tsp. chopped fresh peeled ginger
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. chili powder
- 12 oz. fusilli or rotini pasta

- 2 tsp. canola oil
- 1 small onion, chopped
- 2 cups frozen peas
- 2 cloves garlic, chopped
- $\frac{1}{3}$ cup dry-roasted, salted cashews, chopped
- $\frac{1}{4}$ cup cilantro, chopped
- Ground black pepper
- 1 lime, cut into 6 wedges

Blend butternut squash, coconut milk, curry powder, ginger, salt, and chili powder until smooth. Cook pasta, reserving $\frac{1}{2}$ cup cooking water. Heat oil and cook onion until softened. Stir in peas and garlic. Add butternut sauce and simmer. Stir in pasta, cashews, and reserved cooking water. Serve with cilantro, pepper, and lime.

LEFTOVERS SWEET POTATOES AND APPLES

TURN THEM INTO Yummy Waffles

Orange spuds provide vitamin A for immune health.

Makes about 10 waffles

- 2 cups oat flour
- 2 tsp. baking powder
- $1\frac{1}{2}$ tsp. + $\frac{1}{4}$ tsp. cinnamon
- $\frac{3}{4}$ tsp. baking soda
- $\frac{1}{8}$ tsp. salt
- $1\frac{1}{4}$ cups low-fat milk
- $\frac{1}{2}$ cup plain yogurt
- 1 cup mashed sweet potato
- $\frac{1}{3}$ cup applesauce
- 2 large eggs
- 1 tsp. pure vanilla extract
- 1 Tbsp. unsalted butter
- 2 large apples, cored and thinly sliced
- $\frac{1}{4}$ cup pure maple syrup

Stir together oat flour, baking powder, $1\frac{1}{2}$ tsp. cinnamon, baking soda, and salt. In a separate bowl, whisk milk, yogurt, sweet potato, applesauce, eggs, and vanilla. Add wet ingredients to dry; mix gently. Place $\frac{1}{2}$ cup batter into greased waffle iron and cook until set; repeat. Melt butter in saucepan. Stir in apples, maple syrup, and $\frac{1}{4}$ tsp. cinnamon. Cook until apples are tender. Serve apples atop waffles.



FRIDGE WISDOM

NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

BY LIZ APPELEGATE, PH.D.



SEASONAL SUPERFOODS

Boost your health and running performance with winter's best produce.

Store root vegetables in a cool, dark place, and above-ground greens in the fridge.

BROCCOLI

One cup cooked supplies 276 percent of daily vitamin K needs. This may help regulate your body's vitamin D levels—especially key during the winter, when circulating levels of vitamin D dip. Broccoli also provides phytochemicals called glucosinolates that research shows may ward off cancer. **EAT IT** Add to a chicken or beef stir-fry served over multigrain rice.

BRUSSELS SPROUTS

These mini cabbages supply blood-cholesterol-lowering fiber. One cup cooked also provides almost 100 percent of your daily vitamin C need and almost as much vitamin K as broccoli does. **EAT IT** Lightly steaming allows the fiber in Brussels sprouts to go to work regulating cholesterol levels.

CABBAGE

Cabbage contains sinigrin, a phytonutrient that may help prevent

cancer, while red cabbage offers anthocyanins, potentially helping lower the risk of chronic ailments. **EAT IT** Shred cabbage to health up taco night.

CAULIFLOWER

A member of the cruciferous vegetable family, cauliflower contains phytonutrients called indoles, which studies show may lower cancer risk. One cup cooked packs more than 90 percent of your daily vitamin C need. Try purple, orange, or green for a hit of antioxidants. **EAT IT** Steam, then mash, cauliflower for a mashed potato substitute.

COLLARD GREENS

Collards are high in fiber, calcium (more than 25 per-

cent of your DV in one cup cooked), magnesium, and potassium. The latter two are minerals crucial for healthy blood pressure. Studies also show that nitrates found in collard greens, spinach, and other "cooking greens" may improve bloodflow to exercising muscles. **EAT IT** Collard greens make for a tasty tortilla or wrap substitute.

KALE

It's loaded with a compound called zeaxanthin, which may help prevent age-related loss of vision. One cup cooked supplies more than 1,000 percent of your DV for vitamin K and more than 25 percent of your DV for manganese, which may help protect your body's cells against aging. **EAT IT** Kale is best cooked by steaming, which helps activate its cholesterol-lowering fiber in your gut.

ONIONS

Red and yellow onions come load-

ed with a flavonoid called quercetin, which some research shows may combat inflammation resulting from heavy workouts. **EAT IT** Sauté or roast onions to bring out flavor while retaining the quercetin.

SWEET POTATOES

Rich in carbs, they have a low glycemic index when boiled (not baked), helping keep blood-sugar levels steady. A medium sweet potato also contains about the same runner-friendly potassium as a banana. **EAT IT** Bake and drizzle with honey and cinnamon for a prerun snack.

WINTER SQUASH

From butternut and acorn to spaghetti and Delicata, squashes include a wealth of potassium and beta-carotene. Winter squashes also supply fiber, vitamin C, and various B vitamins. **EAT IT** Use spaghetti squash just like you would pasta. For more recipes with these veggies, see page 44. 🍴



For a quick winter salad, toss together 1 1/4 lb. shaved Brussels sprouts, 3/4 cup chopped toasted walnuts, 3/4 cup grated Asiago cheese, 3 Tbsp. Dijon vinaigrette, and salt and pepper to taste. Makes 8 servings.

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QUICK BITES

TAKE IT ON THE ROAD

Traveling to the office, to a workout, to a race? Bring healthy snacks.

By Matthew Kadey, M.S., R.D.

Choose beef jerky without MSG for trail mix. Or jerky made with turkey, chicken, pork, salmon, or bison.

CRUNCHY CURRY PEAS

Lots of fiber and protein curb cravings.

MAKE IT Soak $\frac{2}{3}$ cup yellow split peas in water for 4 hours. Drain and dry. Heat $\frac{1}{4}$ cup canola oil in a skillet. Add peas and stir often, until golden, about 15 minutes. Transfer to a paper towel-lined plate. Toss with 2 tsp. curry powder and $\frac{1}{2}$ tsp. salt.

FIG PROTEIN BALLS

Calcium and vitamin K protect your bones.

MAKE IT Soak $1\frac{1}{2}$ cups

dried Mission figs (stems trimmed) in hot water for 30 minutes. Drain, dry, and put in a food processor with $\frac{1}{3}$ cup protein powder, $\frac{1}{4}$ cup cocoa powder, $\frac{1}{4}$ cup nut butter, $\frac{1}{2}$ tsp. cinnamon, zest of 1 orange, juice of $\frac{1}{2}$ orange, and a pinch of salt. Form into 1" balls and roll in shredded coconut.

HERBED BEET CHIPS

Beet nitrates help improve oxygen delivery.

MAKE IT Heat oven to 350°F. Line 2 baking sheets with parchment paper brushed with oil. Peel and thinly slice 3 medium beets, place on baking sheets in a single layer, and brush tops lightly with more oil. Sprinkle on crumbled dried rosemary, salt, and black pepper. Bake for 20 minutes or until crispy and edges have browned.

BEEFED-UP TRAIL MIX

Jerky adds protein, popcorn supplies fiber.

MAKE IT Toss together 4 cups air-popped popcorn, 3 oz. chopped beef jerky, $\frac{3}{4}$ cup pecans, $\frac{1}{2}$ cup sliced fruit leather, $\frac{1}{2}$ cup dark chocolate chips, and $\frac{1}{3}$ cup roasted and salted pumpkin seeds.

GRANOLA BARK

Dark delight with antioxidant-packed tart cherries for better workout recovery.

MAKE IT Line a baking sheet with parchment paper. Microwave 2 cups dark chocolate chips in 30-second increments until melted. Stir in 1 cup granola, 2 tsp. orange zest, and 1 tsp. cinnamon. Spread onto baking sheet and sprinkle on $\frac{1}{2}$ cup dried tart cherries and $\frac{1}{4}$ tsp. coarse salt. Chill until firm, about 30 minutes.

Don't care for curry? Toss split peas with other spices such as cumin and chili powder.

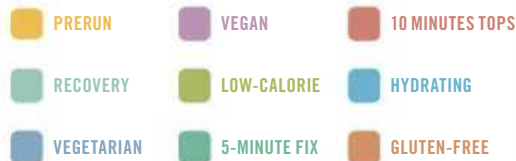




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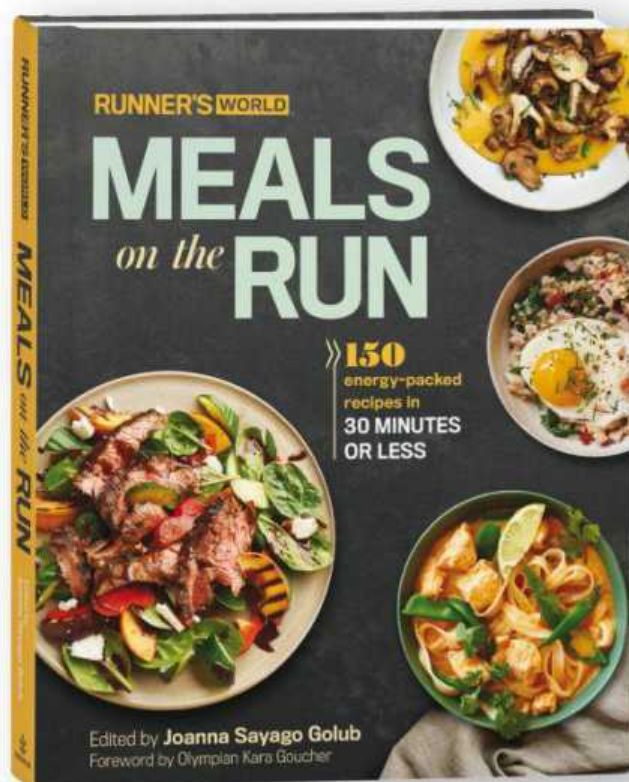
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THE RUNNER'S PANTRY

CHEESE WHIZ

*Aged Italian varieties add big flavor to dishes created by marathoner and former MasterChef host **Joe Bastianich**.*

Parmigiano-Reggiano and Grana Padano are made from cow's milk; Pecorino Romano is made from tangier sheep's milk.

ITALY'S AGED CHEESES pack a flavor punch. Grana Padano, Parmigiano-Reggiano, and Pecorino Romano are ideal for grating and shaving over dishes—adding richness for relatively few calories. Cookbook author Joe Bastianich chooses Grana Padano (for which he is a spokesperson). “In my house, we put it on everything, including desserts,” says Bastianich, who planned to run his seventh New York City Marathon in November. For more, see joebastianich.com. —YISHANE LEE



TAGLIATA AND ARUGULA SALAD

- 12 oz. sirloin steak
- 3 Tbsp. olive oil
- ▶ Kosher salt and ground black pepper
- 1 clove garlic, smashed
- 4 cups baby arugula
- 2 oz. shaved Grana Padano
- ▶ Balsamic vinegar

Heat oven to 400°F. Rub meat with 1 Tbsp. oil; season with salt and pepper. In a large cast-iron skillet over medium high, heat 1 Tbsp. oil and garlic. Brown garlic, about 1 minute, and remove. Sear steak until browned and golden, about 3 minutes per side. Transfer to oven and roast until medium rare, about 4 minutes. Remove and let rest 5 minutes.

Toss arugula with 1 Tbsp. oil plus salt and pepper. Slice steak into ½"-thick slices; place on top of arugula. Top with cheese and drizzle vinegar. Serves 2.



CAVATAPPI WITH CHERRY TOMATOES

- 3 pints cherry tomatoes, halved
- 3 Tbsp. olive oil
- 5 cloves garlic:
- 2 chopped, 3 sliced
- 1 tsp. dried oregano
- ¼ tsp. crushed red pepper flakes
- ¼ tsp. kosher salt
- 3 scallions, chopped
- ¼ cup toasted pine nuts
- ½ cup dry white wine
- 1 lb. cavatappi pasta
- 1 cup chopped basil
- ¼ cup grated Grana Padano
- 2 oz. ricotta salata

Roast tomatoes, 2 Tbsp. oil, chopped garlic, oregano, red pepper, and salt for 30 minutes in 350°F oven. In skillet, cook sliced garlic in 1 Tbsp. oil, 1 minute. Wilt scallions. Add pine nuts and wine; cook till reduced by half. Boil pasta; drain. Add pasta, tomatoes, and basil. Remove from heat; add cheeses. Serves 6.

One ounce of Parmesan has 10 grams of protein and 33 percent of your daily calcium needs.



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CONGRATS! NOW WHAT?

Physical and mental recovery starts the second you cross the finish line.

By Bradley Stulberg

FOR MANY RUNNERS with big fall races on their calendars, the past few months have been scripted with detailed training plans dictating when to run, when to rest, how to stretch, what to eat, and everything in between. The minutes, hours, and days after the event are a lot less defined. Yet this often overlooked transition period is critical, especially if you raced 13.1 or 26.2 miles. "What you do to recover after a race plays a big role in how you will perform at the next one," says Corey Hart, a physiologist and doctoral candidate at the University of Utah's Vascular Research Lab. Here's what is happening inside your body and mind following a race, and the steps you can take to bounce back strong.

Legs Up the Wall pose (see page 54) reduces swelling in your feet and lower legs. Eat a banana while you're at it to speed postrace recovery.



STYLING BY MANON TRUE

POSTRACE

0-24 HOURS

BODY

Refuel with a high-carb drink containing a small amount of protein. “Muscles are most permeable to energy uptake in the 30 minutes following a hard effort,” Hart says. For the next 23 hours, your priority is muscle repair—and that means protein. Hart recommends frequent snacks that are high in carbs but also contain 25 to 30 grams of protein.

Light foam rolling and compression clothing improve bloodflow to remove toxins from muscle. Otherwise, it’s generally best to “relax—let the body initiate its natural recovery processes,” Hart says. Many runners literally “run around” recovering, which is counterproductive.

24-72 HOURS

Now is the time to try light exercise. **Active recovery expedites the body’s natural repair process** by delivering more oxygen and nutrients to the muscles. Just keep it easy—go for a walk.

Continue to wear compression clothing, and if you get a massage, make sure your therapist keeps the pressure minimal. “You want to let your muscles heal, and deep-tissue massage can cause muscle damage,” says Hart.

Popping ibuprofen might be tempting, but unless you sustained an acute injury, many experts advise against it. “The inflammatory response is signaling recovery,” Hart says, “and that is not something we want to mask.”

3-7 DAYS

Although you may be getting anxious about not training, fatigue is likely pulling you to the couch. This is especially true for runners who raced longer distances or trained hard for an extended period. Hart calls this “central system fatigue.” “While training, you are constantly suppressing fatigue or downright ignoring it, which can throw your hormonal profile out of whack,” he says. When your body lets its guard down a few days after the event, all the built-up fatigue sets in. “**Do not fight this fatigue,**” Hart says. Instead, stick to light active recovery and remember that the priority is to rest so your body can return to hormonal balance.

7-21 DAYS

Your muscular and hormonal systems are still returning to baseline, so this is a good time to **slowly introduce some intensity into workouts**. “The main thing to remember is that you can’t train if you are injured,” Joyner says. Thus, err on the side of doing too little versus doing too much, and “focus on reading your body and backing off if soreness and fatigue don’t improve.” Joyner and Hart agree that cross-training is a good low-risk approach. Add intensity into other sports (a hard hike or swim). By the end of this period, your central and muscular systems should be back in tune and you can ease back into running.

MIND

“Celebrate!” says Kristin Keim, M.A., Psy.D., a sports psychologist in Raleigh, North Carolina. Many runners have type-A tendencies, always looking for the next challenge. Keim says pausing to reward yourself and **reflect on your accomplishment** is important. If you find yourself struggling to sit still, let alone sleep, worry not. According to Michael Joyner, M.D., a physiologist at the Mayo Clinic in Rochester, Minnesota, a number of factors—ranging from GI issues to elevated neurochemicals—can interfere with sleep. When you do finally feel drowsy, don’t cut yourself short. Sleep is vital to recovery, so don’t be afraid to hit the snooze button.

The immediate post-race high is wearing off, but dopamine and serotonin levels are still elevated. “Simply moving past the race is tough,” Keim says. So don’t feel bad about the urge to write a race report and post pictures on social media. Even after a disappointing race, Doug MacLean, a running and triathlon coach with QT2 Systems in Ithaca, New York, encourages athletes to **fully process the event rather than trying to block out negative feelings**. “It’s not until we internalize what happened at a more subconscious level that we can objectively analyze what went wrong, make adjustments, and truly release from the past,” he says.

Enter, for some, the post-race blues. “Stimulating neurochemicals are declining, and at the same time you are reintegrating into everyday life,” Keim says. An ensuing rut can be compounded by the fact that most runners’ antidepressant of choice—a hard workout—isn’t an option. Keim urges runners to “maintain their identity as athletes.” To do this, analyze your race, think about goals for next year, and perhaps most important, **reframe rest as a key part of your training plan**. By viewing rest as something you are actively choosing to do to improve as an athlete, you are less likely to feel like you’ve lost the athletic part of yourself.

You probably will feel a healthy urge to start running again. **Now is a great time to develop a new set of goals**. This might mean running faster, running farther, taking running more seriously, or perhaps taking running less seriously. But if you are feeling burned out and the thought of running evokes dread, that’s okay, too, Keim says. There is no rush to get back into things, and if the thought of structured training refuses to catch on, you can still run casually for general health, stress relief, and social fun. “You shouldn’t have to search for the motivation to train hard,” Keim says. “You’ll know if and when it comes back.”

THE BODY SHOP

FLY RIGHT

Postrace moves for a better trip home

IF YOU'RE A DESTINATION RUNNER with a tight travel schedule, you might be stuck sitting in a cramped seat just hours after you cross the finish line. And that can hurt your recovery. "Moving is important to keep the blood flowing," says *Runner's World* advisor William O. Roberts, M.D., who is also medical director of the Twin Cities Marathon. These travel-friendly moves boost circulation and keep your muscles loose. —KIT FOX



LEGS UP THE WALL
Before you board the plane or climb into the car, sit with your hip at the base of a wall. Lie back and turn your body 90 degrees so you form an L-shape with your legs against the wall. Hold for 10 minutes.



HALF SQUATS
In the aisle of the plane or at a rest stop, bend your knees and lower into a squat as far as feels comfortable. Use a wall for support if you need it. Repeat five to 10 times at a slow pace.



ANKLE RAISES
In a plane seat or passenger seat of a car, raise your left knee and move your foot in a circle 20 times. Then reverse direction another 20 times. Repeat with the other foot.



QUAD MASSAGE
Place your right forearm on your right quad. Push the forearm into the muscle. Using slight pressure, slide up and down using the arm like a massage stick. Then switch legs.



LEG RAISES
Slowly raise and lower your left knee, activating your glute and quad muscles. Repeat five times before switching to the other leg.

LEG EXTENSIONS
Place both feet flat on the floor. Straighten your legs to raise your feet out in front of you (go under the seat in front of you on a plane). Lift five times.

Flight Risk

Runners may be more susceptible to deep vein thrombosis—potentially dangerous blood clots—when flying after a long run, according to RW advisor

William O. Roberts, M.D. Here are three essential travel safety tips.

STAND UP AND WALK
It's the best way to keep blood flowing in your legs to prevent clots.

GET SQUEEZED
Wear compression socks to encourage bloodflow.

SKIP THE BOOZE
"Drinking alcohol may increase the risk of clots while flying," Roberts says.

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THE BASICS

1 / GORE RUNNING WEAR AIR 2.0 SHIRT, \$60 (men's), \$70 (women's)

No lightweight shirt fought sweat better during summer tests in heat and humidity at high noon (a.k.a. the Lunch Run at *Runner's World* HQ in Pennsylvania). Venting mesh is smartly positioned on back.

2 / NEW BALANCE NB ICE TANK (WOMEN'S) AND SINGLET (MEN'S), \$40 each

You know it's hot when mere sleeves are asking too much. RW social media editor Hannah McGoldrick: "It was super lightweight—almost a barely there kind of feeling—and wicked sweat away."

3 / CEP SHORT SOCKS AND NO-SHOW SOCKS, \$19, \$23

For runners who have never worn knee-high compression socks, these low-profile designs offer a more approachable and affordable tryout. The secure, ergonomic fit protects against chafing.

4 / SMARTWOOL PHD SEAMLESS RACERBACK BRA, \$60

Strikes the perfect balance of support, fit, and breathability, with merino-wool fabric next to skin for a soft feel and excellent wicking of moisture. RW news editor Sarah Lorge Butler: "It's a keeper."

5 / HEADSWEATS REFLECTIVE RACE HAT AND SUPERVISOR, \$22 each

RW senior editor and visor aficionado Meghan Kita: "Lightweight, easy to clean, and the fabric against your head wicks sweat really well."

6 / PEARL IZUMI FLY ENDURANCE SHORT, \$60

Leave behind what the Brits call a "bum bag." These shorts provide a spot-on mix of length, fit, and storage.

GEAR OF THE YEAR

RW staffers pick their favorite apparel, shoes, and other essentials.

By Bryan Boyle

STYLING BY CLARE TEDALDI

Best Shoes in the World

Top vote-getters from editors of RW's 18 international editions. Reviews at runnersworld.com/bestshoes.

EDITOR'S CHOICE



New Balance 1500v2

BEST DEBUT



Nike Air Zoom Odyssey

BEST UPDATE



Brooks Glycerin 13

BEST BUY



Brooks Launch 2

BEST TRAIL



Saucony Xodus 6.0

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SUPPORT WEB™ FOR MORE POWER + LESS FATIGUE



WOMEN'S TIGHT



Endurance Engineered.

 cw-x.com

OUTER WARES

1 / NIKE SHIELD FLASH MAX RUNNING JACKET, \$500

When a downpour and darkness conspire to spoil your early morning run, reach for this reflective excuse-buster that locks out wind and rain.

2 / ARC'TERYX TRINO TIGHT, \$139

These fit looser than traditional tights. Windproof and water-resistant material in the front to protect; knit fabric on the back to breathe.

3 / PATAGONIA MERINO AIR CREW, \$129

Merino wool is treated with a proprietary technique to help create a light and seamless top that is remarkably soft, and warmer and more breathable than conventional merino.

4 / BROOKS LSD THERMAL VEST, \$110

This featherweight vest is insulated just enough to keep your core warm during both warmups and cooldowns.

5 / MONTANE YUKON BEANIE, \$22

This hat keeps the coconut warm and wicks moisture well. Soft on the forehead. Light in RW staffers' packs.

6 / NATHAN SPORTS HALO FIRE HEADLAMP, \$120

Approaching headlights trigger an automated strobe light. Wave a hand over the beam to adjust its strength.

7 / OUTDOOR RESEARCH DEVIATOR HOODY, \$185

RW champion gear-tester Pat Heine took this jacket to the Alps for an ultra. "It insulates. But it also breathes really well, so if it warms up a lot, you won't be left drowning."

8 / BLACK DIAMOND WELTERWEIGHT GLOVES, \$30

These thwart freezing temps, yet are thin enough for re-tying shoelaces. Material on the thumb and index finger allows for touchscreen use.

9 / ULTIMATE DIRECTION ULTRA JACKET, \$180

Both waterproof and breathable, with mitts on the sleeves, it packs in its pocket into the shape of a burrito.



COOL EXTRAS

1 / SOLEUS GPS ONE, \$79

This affordable GPS watch lets you get acquainted with monitoring time, distance, and pace. Upgrade when you want to save and share data.

2 / TRAINER BY GIBSON HEADPHONES, \$250

Summer sweat burned through two wireless headphones before we met this 21st-century Walkman, which sits light and secure on the head. The battery tested at an admirable 10 hours.

3 / 2XU ELITE MCS COMPRESSION TIGHTS, \$120

2XU integrated networks of compression on the inside, using soft fabric to contain muscle movement and support connective tissue in the calf and quad regions.

4 / BOSE SOUNDSPORT IN-EAR HEADPHONES, \$130

Bob Parks tested headphones with RW for comfort, sound quality, and more: "These run-away favorites of the bunch crushed every category."

5 / GLUKOS ENERGY, \$24 (12 packets of gummies)

This line of endurance fuel is notable for what's *not* in it. No high fructose corn syrup. No artificial sweeteners. No caffeine. These were popular with several RW staffers.

6 / OOFOS OOAHH SPORT SANDALS, \$60

After long runs, your feet are tired. Pamper them. RW reporter Kit Fox: "The arch support is phenomenal. They actually give me relief after hard intervals and long runs."

7 / AMPHIPOD HYDRAFORM FLASH HYDRO-STROBE THERMAL HANDHELD, \$35 for 20 oz.

This easy-to-grip, easy-to-sip water bottle features a battery-powered strobe light and reflective material.

8 / KAENON S-KORE SUNGLASSES, \$239

Tested during this year's Leadville Trail 100 Run, their polarized lenses provided crystal clarity for reading both the terrain and the screen of a GPS watch.



I STAND FOR MY HEALTH

WHAT DO YOU STAND FOR?

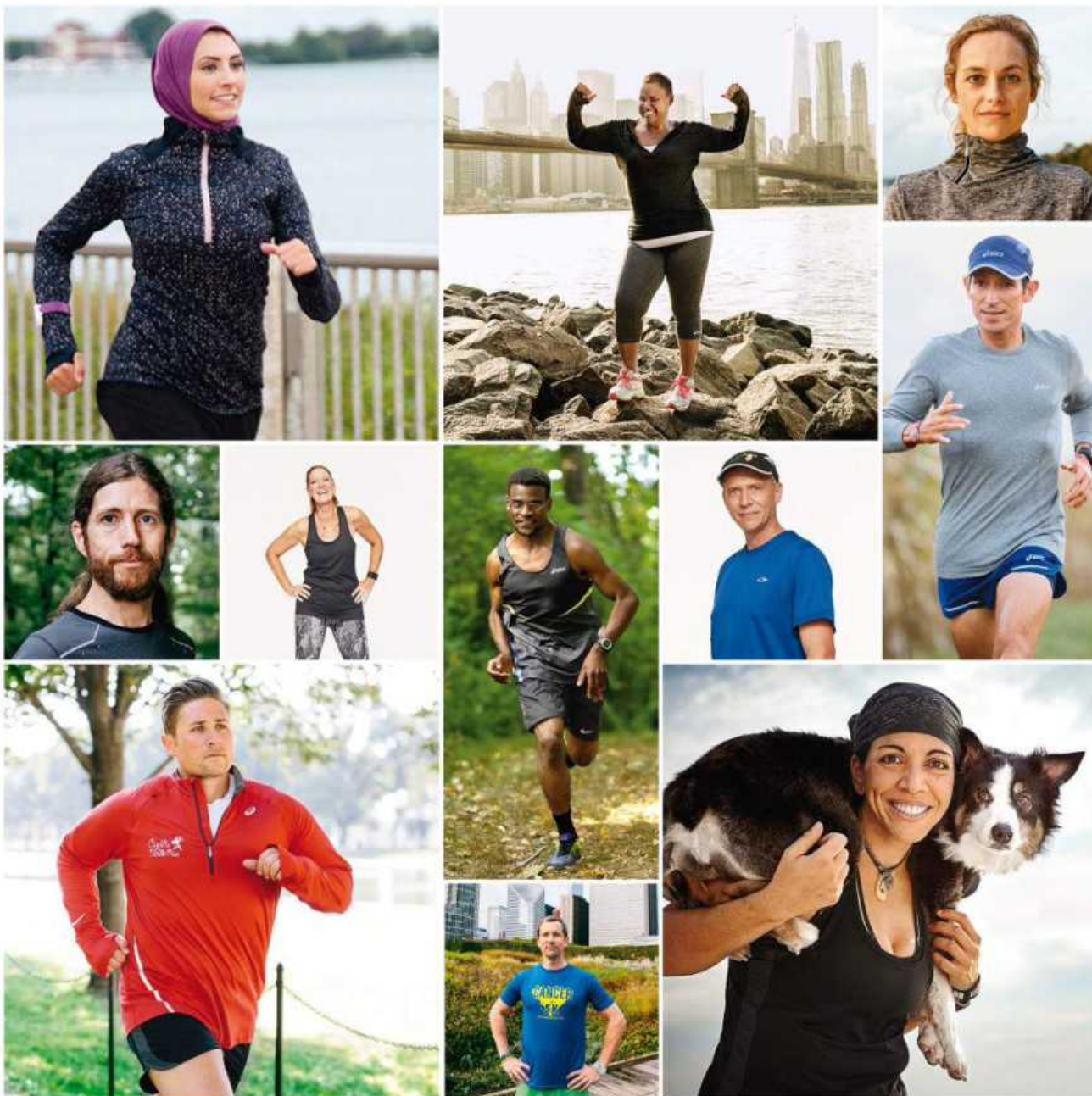
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2015 RW

COVER SEARCH

The **most awesome runners** share a similar calling: to inspire everyone who takes up our sport.



Bobby Gill is wearing pants. Shorts actually, green khakis with a few wrinkles.

He's sitting in his Washington, D.C., apartment video-conferencing with two colleagues (also wearing pants; we asked). They consult graphs and spreadsheets. They use words like "touch point," "facilitate," and "action item." It's all part of Gill's job, and really, his calling in life. Which is persuading you to go outside without your pants in the middle of February.

And Gill is pretty persuasive. Over the past six years, he's gotten 44,000 people to strip. In the bitter cold. On bustling streets in almost every major city in America, plus three in Australia.

Gill is the cofounder and chief operations officer of Cupid's Undie Run—a part-party, part-one-mile(ish), part-party-some-more race series held on the closest Saturday to Valentine's Day. Every run starts and finishes inside a bar. There's usually a DJ. There's always beer. In 2016 it will hit 39 cities, and Gill expects 23,500 people to sign up.

The run raises money for neurofibromatosis (NF), a rare genetic disorder that spurs tumor growth in the nervous system. The disease occurs in one in every 3,000 births worldwide. There is no cure, and symptoms vary widely from chronic pain to paralysis to blindness. Since Cupid's Undie Run was founded in 2010, the series has raised more than \$7.7 million, and proceeds from the yearly event now fulfill a quarter of the annual research budget donated to the Children's Tumor Foundation, a nonprofit organization dedicated to finding treatments and cures for NF.

This, in brief, is Gill's story.

In January 2008, Gill was working as a biomedical engineer for the FDA, liv- ➔



#

We asked all RW Cover Search entrants to hashtag their running selves (as seen below). For more info and videos on all the finalists, go to runnersworld.com/coversearchfinalists.

BOBBY GILL

**31, Co-founder and COO,
Cupid's Undie Run
Washington, D.C.**

"We do anything for the exposure."

By KIT FOX



#imwithcupid

➔ ing with his dad in Beltsville, Maryland, and working on a bucket list. Having never run more than five miles, he registered for the National Marathon in D.C., held at the end of March. He finished the race in 3:48 and thought, *You know what else sounds fun? An ultramarathon.*

By the end of the year, he'd completed a 50K and the JFK 50-miler. Despite his self-described "big-boned" physique, Gill went on to complete more than 50 ultras in five years, often nabbing a spot on the podium, including a second-place finish at the 2010 Old Dominion 100-Miler.

But Gill doesn't run ultradistances anymore. That's because in 2010, his roommate Brendan Hanrahan thought something else sounded fun—running a mile in underwear for charity.

Hanrahan, now 31, is a Ph.D. materials engineer for the Army, and childhood friends with Cupid's third founder, 31-year-old Chad Leathers, then an employee for the Children's Tumor Foundation. (Leathers's younger brother Drew was diagnosed with NF in 2001 at age 14.) In January 2010, Hanrahan pitched Gill and Leathers an idea for a Valentine's Day fundraiser for the foundation. He emailed them a poorly Photoshopped flyer of an illustrated cupid in pixilated boxers that read: "Run 2 miles in your undies and drink cheap all day! For a good cause!"

Gill replied, "That sounds like a terrible idea. I'm in."

With five weeks to plan, they took some shortcuts. Permits for a course around the U.S. Capitol? Better to just hope police wouldn't notice a few underwear-clad runners. Weather? The paths around the Capitol *should* be plowed, despite two recent monstrous winter storms. Shirts? Two hundred should be plenty. They planned for 100 people. Instead, 650 showed up. Clad in their bedroom best, the runners raised \$10,000 for the Children's Tumor Foundation. Every year, the event raises more than the previous.

Which is why Gill quit his FDA job in 2013 to devote his complete attention to Cupid's Undie Run. Hanrahan describes the move as "totally Bobby."

Cupid's Undie Run is now the largest organizational donor for NF research, funding the Children's Tumor Foundation's national registry for NF cases. The registry is meant to help scientists

Drew Leathers (center) before a Cupid's Undie Run in Atlanta in 2013. His brother, Chad, pushed him through it.



identify patients for clinical trials that test potential drugs for NF.

"There are so many people out there with NF, you don't realize it unless you're forced to pay attention to it," Gill says. "That's what Cupid's is trying to do. We're giving people this ridiculous experience, but also opening their eyes to something they never would have seen before."

When Gill opens the second highest drawer of his dresser, the bursting pile that is his underwear collection springs

**Yes, says Gill,
the whole idea is
ludicrous. "But
we are going to
cure NF."**

over the edges. He's got utility pairs, flashy pairs, tighty-whities, and boxers sporting the Cupid's Undie Run logo.

"Most guys prefer the boxer-briefs, but everyone is different," he says. "That's the eternal question everyone has to answer for themselves."

His race-day attire is a pair of shockingly small red briefs with white trim and the Cupid's logo printed on the rear. He'll wear them next February in D.C.,

when he hopes Cupid's Undie Run will raise \$5 million for NF research.

The milestone would cap a difficult few months for Gill, Hanrahan, and especially Chad Leathers. Drew Leathers—the first person Gill had ever met with NF—died in August at age 28. After more than 25 surgeries over 14 years, seven feet of scars marked his body. The hallmark symptom of his version of the disease? Severe, relentless pain.

"Many times Drew described his pain like his skin was on fire or a knife was going through his chest," says Leathers.

Though confined to a wheelchair, Drew was exactly the person who'd run a mile without pants, says Leathers. "His life philosophy was to enjoy it, and to push the boundaries."

Says Gill, "We started this [event] for Drew, and the fact that it's an underwear run and a big party, those two things mesh together perfectly because it's totally his style. There's renewed energy this year in what we're doing."

And remember: What they're doing is persuading thousands of people to take their pants off and run a mile on busy streets in the middle of winter. Last year in Washington, D.C., it was -11 degrees. Gill suffered windburn on his inner thighs. Still, 1,500 people showed up.

Yes, he says, the whole idea is ludicrous. "But we are going to cure NF."

He says this, and you believe him.

"Bobby has been the best advocate any family could wish for," says Leathers. "He won't stop until a solution is found. Quitting is not in his DNA."

Gill has built that reputation because, well, he doesn't do anything half-assed.

A full-page photograph of Michelle Hercules Walker, a Black woman with short, curly hair, smiling broadly. She is wearing a bright pink long-sleeved shirt with a subtle geometric pattern and dark grey leggings. Her hands are on her hips. The background is a blurred outdoor setting, possibly a beach or boardwalk, with a railing and some lights visible.

MICHELLE HERCULES WALKER

47, Phlebotomist

Brooklyn, NY

"Nothing is more gratifying to my heart than to know that my choice to become healthy and fall in love with running would affect all those looking on."

**By TISH
HAMILTON**



The only mirror in Michelle Hercules Walker's bedroom hangs inside her closet. On October 14, 2014, she took off all her clothes, swung the closet door wide open, and stood in front of her full-length reflection to contemplate pain, literal and figurative. She lifted up her belly to examine a painful red rash that had developed under massive folds of skin. Her doctor had given her ➔

#genuinelyencouraged

→ an ointment to rub around her middle, but the band of her XXL underwear chafed. Her knees hurt, too. She felt trapped in a loveless marriage. She weighed 317 pounds at 5'3". The face she examined was a mask of unhappiness. *This girl I see is not who I am inside*, she thought. *I don't want to be this girl anymore*. On that darkest day, she thought about suicide. What was the point of going on like this? Then in the corner of the mirror, Walker noticed the reflection of her two girls playing on her bed, her "beautiful babies," as she calls them, Maya, now 9, and Moriah, 7, and knew her responsibility to them outweighed her despair. *God has spared me this long. I have got to do something to save my life*.

Five days later she took those first difficult steps into a nearby gym to meet a personal trainer and runner, James Peronel, whom a friend had recommended. "I was embarrassed, so I chose 7 p.m. because I thought the gym would be empty," she says. "It was full. Of men." She told Peronel that she no longer knew who Michelle was, and he replied, "Then we have to find her." He put her on a treadmill at a speed of 2.0 miles per hour and told her to start walking.

Over the coming weeks, Peronel would punch the numbers up to 3.0 and tell her "just jog," and she would flail her arms and huff and puff. "James is caring but tough," Walker says. By January she was dialing up the speed herself. Mad about the economic impracticalities of divorcing her husband, she looked down one day to discover she was running—at 5.0. "I could feel my heart in my head beating so fast," she says. She remembers thinking, *Omigod, I'm going to have a heart attack!*

Peronel was so pleased with her progress that he signed her up for a 10K in Manhattan in June. By the time she lined up in Central Park, she had lost more than 100 pounds. Peronel thought she could do the race in 1:40. Walker secretly thought she could break 1:30. Nervous about the event, she neglected to eat breakfast. Peronel had told her no matter what happened, she had to run across the finish line. When she approached it, she heard her niece, her daughters, her trainer, all yelling for her. "GO MICHELLE!" She completed the 10K in 1:20:08, and promptly passed out. "I was fine," she says. "I finished!"

When Walker goes for a run today, she pulls on a pair of black capris, a size L sports bra, and one of a vast collection of stylish sports tops—teal, red, cowl-necked, hooded. "I do love my shirts," she says. She laces up one of eight pairs of running shoes lying by her front door—New Balance Fresh Foam is her current favorite. She also wears a waist band, a sort of modern-day corset, to take pressure off her back and to hold in the extra skin, one of the consequences of dropping more than 100 pounds in less than a year. She has a black one for running and a lacy one to wear under

**"I want people
to look at me
and realize this
can be done."**

street clothes. She pulls up her shirt to show off the bruises she gets on her ribcage. The suffering is a small price to pay. "I like to look sexy," she says.

As a child, Walker was known as the "fat girl," and by age 13, she'd hit 300 pounds. She was outwardly exuberant, impressing teachers with her vocal skills at New York City's prestigious High School of Performing Arts. But inwardly she was struggling, and a depressive episode in her late teens landed her in a psych wing at Kings County Hospital. She tried Prozac, she talked to therapists—nothing made her feel good. She soothed herself with food. "Food was my best friend," she says. "All I did was eat, sleep, eat, sleep. Food was my life." It would remain so for the next two decades.

By age 45, Walker had to rock back and forth to get up off the couch. Or call her girls to come pull her up by her arms. Or scoot down to one end of the couch, put both hands on the arm rest, maneuver her feet to the floor, and press her body up. As a phlebotomist who makes house calls to draw blood, she could barely climb the stairs to patients' apartments. Her knees groaned. "You know how many diets I tried?" she

says. "Jenny Craig, Weight Watchers, you name it. I'd lose weight and then gain it all back and then some."

Her sister had gastric bypass surgery, and Walker briefly considered it. Instead, with Peronel's help (or demands) she cut portion sizes, traded soda and juice for infused water, gave up fried fish sandwiches for veggie burgers. "We looked at a photo of Michelle in January and said, 'Who's that?'" Peronel says. "I told her, 'It's the new you!'"

It's still hard for her to reconcile. When Walker found out she was one of the finalists in the RW Cover Search, she says, "I was like, 'Lord, are you joking with me?'" She posted the happy news on Facebook and says her Messenger inbox was flooded with people she didn't even know congratulating her, asking her how she lost weight. A half-brother from her dad's side whom she's never met reached out to her and said, "I'm so proud of you."

Walker aims to run at least four times a week, a minimum of an hour at a time. Sometimes she goes to the gym to work out with Peronel and hit the treadmill. Other times she jogs to Canarsie Park, one block from her home, to run up to six miles around the paved path. Always she gets looks and comments about her changing body. A true evangelist, she is happy to preach the gospel of running. "Running helped me be a better person not just for myself, not just for my daughters, but for all those people who are struggling with feeling unworthy," she says. "I want people to look at me and realize this can be done."

Exactly one year after that life-changing day last October, all is bright in Brooklyn. Golden autumn light bathes the sidewalk outside Walker's neat red-brick rowhouse. Her sister and 16-year-old nephew live on the first floor; Walker and her two daughters live on the top. She can run up the stairs now without having to sit down to catch her breath.

Inside, the home is undergoing the same kind of happy makeover as Walker has herself. Gifts from loving friends and family are everywhere—expressions of their pride in her hard work: Four brown leatherette chairs sit neatly packed in one corner of the kitchen, waiting for a matching table to arrive; Netflix and Hulu await her girls on the flat-screen; there's a new living room suite. The

Walker once weighed 317 pounds and needed help getting off the couch. Today, she weighs 195.



living room floors have been stripped and are being refinished by a friend she met in the past year of discovery. Near a front window stands a shoe rack filled with girls' boots and sneakers. Walker's running shoes are scattered near the front door. She and her husband have agreed to separate, though he still lives in the house while they negotiate the postmarital finances. ("He just sleeps here," she says. "We never interact.")

Walker and Peronel's relationship is, she says, complex: intense, intimate, sometimes contentious. They talk ev-

ery day. But it is not romantic. "I'm his 'Biggest Loser,'" she says. "I'm a walking advertisement. He's gotten at least 12 clients because of me."

In her bedroom, next to her neatly made queen-size bed, is a child's wooden chair that she used to have to stand on to climb into bed. Now it holds an iPad and a copy of *Runner's World*. The full-length mirror on the closet door is harder to peer into because the door's swing is blocked by one of four big piles of clothes on the floor. "They don't fit me anymore!" she says. "I'm giving away a

lot of clothes." She shows off a favorite new purchase—a pair of size 12 dark wash Gap jeans. "I can almost fit in size 10, but I don't want my stomach hanging over the top, no."

"I try to smile every day," Walker says. "Before, I smiled here"—she puts her hands up to her face and forces it up in a smiling grimace. "Now, I smile from here," she says, placing her hand over her heart.

Walker smiles at her reflection. "Now I like her," she says, and taps the mirror. "She's beautiful."

#SHEnanigans



DESIRÉE RINCÓN

34, Graduate student

Tampa, FL

"There's going to come a day when I can't run. Running is my affirmation that today is not that day."

► Desirée Rincón starts most races way too fast. She doesn't really have a choice because when the starting gun goes off, her service dog Roxie temporarily loses her mind and turns into a sled dog. The normally quiet, extremely well-mannered, five-foot-wall-jumping, ice-cold-pit-swimming, belly-to-the-ground-crawling Australian shepherd unleashes a string of high-pitched barks, lunges against the leash attached to Rincón's waist, and literally pulls her human across the starting line. Other runners laugh in delight at the mostly black, 50-pound, 4-year-old mutt on a mission.

"I spend the first mile slaloming and weaving through people," says Rincón, 34, of Tampa, Florida. Eventually, Roxie chills out and settles into a rhythmic stride that allows Rincón to establish a more sane nine- to 10-minute pace. Whether the pair is running a 5K mud run, a Spartan Sprint, or a trail half marathon, says Rincón, "She's a very good pacer."

Roxie is also a very important buddy. Rincón, an Army veteran, suffered a series of devastating events beginning in December 2010 that included a diagnosis of gastric cancer, a broken engagement, two surgeries, severe depression, a suicide attempt, and seizures related to the diabetes Rincón developed after her operations. In the middle of it all came Roxie—a nonjudgmental companion with a highly sensitive nose capable of alerting Rincón to her dropping blood sugar. For Rincón, the dog's presence became a "safety blanket" that gave her the courage and confidence to slowly wade out into the world.

How she reintegrated herself was determined long before she was healthy. When Rincón was laid up in bed, living for weeks on a diet that slowly transitioned from clear liquids to liquids to baby food and mashed potatoes, she lived on social media, following the racing exploits of fellow service members and Facebook friends. She'd run in the Army because she'd had to, but before she'd gotten sick, she'd run/walked/shuffled the Disney Wine and Dine Half Marathon and got hooked on the idea that running and racing could actually be fun, what with all the costumes, clowning around, and finisher bling.

So after Rincón recovered, she

started cramming weekends with mud runs and road races. At first, unsure what the animal could handle, Rincón left her at home or at the starting line with a friend, but when Roxie broke her leash on the sidelines of a mud run in early 2014 and followed Rincón under, over, and through the obstacles, the little dog with the giant heart made it clear: *I go where you go.*

To date, Rincón has completed so many events—she estimates she did 54, including marathons, Ragnar Relays, and Spartan races, in 2014 alone, and says she's planned to run about 50 this year—that her medals could easily cover most of the wall space in her apartment (Roxie has done about half of her events with her, says Rincón). Instead, she tosses her coveted bling in a box under her bed, or onto the heaping pile of metal and ribbon inside her nightstand.

"Running is almost an affirmation for me," she says. "I have to tell myself I'm capable, and good enough, and strong enough, and I've been blessed to [be able to] move my legs. There's going to come a day when I can't get over a wall at a Spartan race, when I can't run a 5K, when I can't run anything at all. Running is my affirmation that today is not that day."

For Rincón, a naturalized citizen whose parents have moved back to the Dominican Republic, the races themselves are a family reunion of sorts. Where once she "lived vicariously" through the adventures of runners around the country, she now gets to meet those people nearly every weekend. So it's the rare event where she doesn't see someone she knows. Still, it happens, and when it does, she just makes new friends. Like before the final turn at a recent 5K in Clearwater, Florida. A little blond girl with pink running shoes and a yellow hairband who'd been running near Rincón and Roxie for at least a half mile suddenly started walking.

"No, no, don't stop!" said Rincón. "Come on, girl, you're like *right there!* I'm not gonna cross without you. Finish strong—it's *right there!*"

The little girl looked at the woman and her dog, changed her mind about walking, and the three athletes sprinted across the finish line together.

—CHRISTINE FENNESSY

Jorge O. Garcia

42, Boeing procurement analyst

Glen Carbon, IL

"Running is my escape, my solitude, my savior, and my stress-reliever. Today I pace marathons to help others achieve their own goals."

► When Jorge Garcia crosses the finish line of his next marathon, his mother will be with him. She was with him when he ran his first 100-miler. When he did five marathons in five states in one week—all under four hours. When he finished the Long Island (NY) Marathon to complete a 26.2 in all 50 states. When he set a PR of 3:09 on September 12, securing a spot in the 2016 Boston Marathon. Garcia, 42, finishes every race with tears in his eyes. He makes the sign of the cross, blows a kiss skyward, and shows a photo of his mom to the finish line cameras. "I know my mom is watching me from heaven," he says. "I tell her, 'Thank you for giving me strength. I hope you are proud of me.'"

Garcia was 8 years old the day he came home from school to his Newark, New Jersey, apartment to discover that his mother was dead, murdered by his father. It's a memory that haunts Garcia and underscores his entire life—from his hard early years to his later triumphant successes. Garcia, whose relentless good cheer is well known in the marathon community, decided only recently to open up about his painful past because he wants people facing tough breaks beyond their control—especially kids—to not let circumstances inhibit their ambitions. "Aim high, set goals, work hard, and ➔

#RunnersRock



➔ remember to thank the people who help you,” he says. “I want to acknowledge the hundreds of people who helped me climb out of a not-so-great childhood.”

After his father was sentenced to jail, Garcia and his younger brother were placed in shelter homes while their aunt fought for custody. For a time they scrounged for food and spent several sleepless nights not certain where the next day would take them. He attended four high schools in four years, yet Garcia managed to graduate and enlist in the Marines. Boot camp gave him the structure, discipline, and security that he both craved and resisted. “It was the hardest thing I’ve ever done,” he says. “I started to run so I could be by myself. It was the only time I wasn’t being yelled at.”

Garcia served four years in the Marines, then earned an MBA in international business. He got married, had two daughters, and started running races—first a local 5K and, in 2006, his first marathon, for which he had not properly trained. “It was awful,” he says. “I swore I’d never run a marathon again.” That declaration lasted all of six months.

It was during a trip to his parents’ native Guatemala in 2009 that he met extended family and got the only photos he has of his mother. In marathons, he tapes copies of the photos to the pole of an American flag he often carries, or to the stick of a pace-leader sign (he recently paced the 3:50 group for Marathon Maniacs), or to his race belt when he is going for a fast time.

It’s not the only photo he carries. Garcia, amicably divorced and living a mile from his ex-wife to share care of their daughters, also brings along a picture of a severely autistic young woman, Nevaeh, whom he connected with through I Run 4 (the nonprofit pairs athletes with those who have special physical, mental, or developmental needs). He pushed her in a jogging stroller in a half marathon in June. If his mother gives him strength to overcome his past, Nevaeh gives him hope for the future. Besides, every mile he runs puts more distance between himself and “that man,” his father, now released from prison, though Garcia has not spoken with him. “Running saved me and has helped me become the man I am today.” —T.H.



MICHAEL WARDIAN

41, International ship broker

Arlington, VA

“We are all runners in the end.”

▶ Michael Wardian has one of the most impressive (if quirky) résumés in running, and he’s not shy talking about it with a characteristic mix of hubris and humility: He’s run in three U.S. Olympic Marathon Trials, even leading the 2008 race for a few miles. “Until the pack ran by me like I was standing still,” he says. He has a marathon PR of 2:17:49. He’s won the U.S. 50K and 100K championships. He’s set treadmill, indoors, and jogging-stroller marathon world records. But what’s really striking when you meet him in person is his genuine interest in *you*, the runner, no matter where you are in your journey. When the Cover Search finalists gathered in New York City in September, he spent more time with the newbie who’d just done her first four miles without walking—“Wow, that’s awesome!”—

than he did with his fellow ultrarunners. He fixes you with his blue eyes and listens intently to what you say.

“I was just a guy who picked up running in college,” he says, “and then went on to become one of the best runners in the world. I get to live this dream.” He was 21 when he heard that a friend’s mom had done the Boston Marathon and decided to run it himself, only to learn he first had to qualify. (Wardian, incredulous: “Whaaat?” He qualified in the Marine Corps Marathon with 3:06:54.) Today, he trains 70 to 100 miles a week while working full time, and takes his two kids (ages 9 and 6) on his travels whenever he can. (He and his son hiked two peaks at Italy’s Cinque Terre National Park last summer.) He’s run eight marathons this year (2:23:32 in Houston the fastest), and his fall plans included the 101-mile Le Grand Raid on Reunion Island, off the coast of Madagascar. “Running defines who I am,” he says. “But I still have a sense of ‘I’m not quite sure it’s possible that I’ve accomplished all these things.’” —T.H.

Rahaf Khatib

32, Stay-at-home mom

Farmington Hills, MI

"I hope to inspire my fellow stay-at-home moms and Muslim American female friends to get active and fit."

► During the Muslim holy month of Ramadan, which began this year in mid-June, Khatib fasted for 30 days, foregoing food and water for up to 17 hours a day. At sunset, she broke fast, then went to the mosque to pray—hours-long rituals of bowing, rising, and reciting verses from the Qu'ran. Only then, often between the hours of 1 a.m. and 3 a.m., would she hop on the treadmill to complete the 40-plus weekly miles on her training plan for the Chicago Marathon.

Khatib knows not every Muslim—or every runner—would maintain such an intense regimen while fasting. But Khatib has big goals, and not just for her race times. "The Prophet said, 'Come to know each other,'" she says. Through her dedication to the running community, she aims to perform what's called good *da'wah*, breaking down stereotypes and sharing her faith. "It's not forcing it on anyone, just trying to shed light on Islam and what it means to be a Muslim American living in this country."

Other runners on her suburban Detroit streets and tree-lined trails know her on sight. She's the only one they see in hijab, the traditional Muslim headscarf; she covers everything except her hands and face for modesty. She's found other runners open and welcoming, if curious—most frequently, ➔

#runhappyrunfree



#CancerShmancer

➔ about how she can run in long pants and sleeves in the summer. “I don’t mind it at all, I get used to it,” she says. “It’s just the way I dress in public.” Sure, she feels hot—but so does everyone when it’s 90 degrees.

As a busy mother of three, her days can feel routine, and her work unappreciated. Over the past three years, she’s regained her self-confidence and sense of worth by participating in a range of events from 5Ks to three marathons. “The running inspired me,” she says. “I really found myself.”

Now, she hopes to guide other Muslim women to her source of strength. She lives a mere 20-minute drive from Dearborn, the town her parents settled in after moving to Detroit from Syria before she was born. The place has a large Muslim community; she believes there’s no reason she shouldn’t see other women in hijab at running groups and races.

Khatib has already persuaded her younger sister to join her for shorter distances and inspired many friends to get active. Last year, she was asked to help organize a 5K during the Islamic Society of North America’s convention in Detroit, and this year, a national group called Muslimahs on the Run approached her about starting a local chapter. “The Prophet, peace be upon him, teaches us to take care of our bodies,” she says. “I preach to my fellow covered sisters that no matter how you look or what you wear, don’t let that stop you from running.” She also hopes to become a voice advocating for more availability of modest active wear for women, Muslim or not.

When marathon week arrived, Chicago forecasters predicted temperatures in the mid- to high 70s. Race organizers sent runners a yellow-alert email, advising against long sleeves and long pants; Khatib could only laugh at the irony. She lined up in a running skirt over tights and a teal zip-up, and topped her hijab with a matching Nike hat to block the sun. If the heat bothered her, you’d never guess—she crossed the finish line with a smile and a 25-minute PR of 4:51:40.

—CINDY KUZMA



MICHAEL CATES

35, IBM client executive

Chicago, IL

“I battled through stage IV non-Hodgkins lymphoma, and running has become my mental and physical therapy.”

► Michael Cates was a bit heavier in 2011 before he signed up for his first marathon—about 200 pounds on his 6-foot frame. After he lost 10 pounds—from what he thought was gastritis—a friend talked him into a four-month training program for the 2012 Austin Marathon. He wasn’t surprised that his weight continued to drop since he was running so much. But he was surprised six weeks after finishing the race when doctors discovered a mass on his pancreas. It was diffuse stage IV lymphoma. A shocking diagnosis for anyone, let alone a 31-year-old father with an expectant wife.

Four months of chemo ensued—a time frame he could wrap his mind around. “I looked at it like another marathon,” says Cates. “I knew I had

the strength to face a challenge with an uncertain outcome.” His wife gave birth to a second daughter five weeks after he completed chemo, and he vowed when he returned to health to get back to 26.2, which he did, six months after completing treatment. (He ran Austin again, in 4:26, nearly 30 minutes faster than he’d run prior to his cancer diagnosis.) The following year, he ran the 2014 Chicago Marathon in 3:32. “Cancer isn’t just a physical disease,” he says. “It’s a mental and spiritual one, too. Running is a way to impact all of that—it helps with recovery and it’s therapy. It’s a way to take control of your life.”

Running gives Cates an identity apart from cancer, and he wants others to have the opportunity to redefine themselves, too. Which is why he now coaches for the Cancer to 5K training program in Chicago, which helps survivors who want to get back into training, as well as people who have never run before. “The disease doesn’t have to define you,” he says. “I want others to know that cancer is only part of their greater story.” —T.H.

Sam Gardner

30, CPA

Daphne, AL

"I went out for a run one Sunday afternoon and the unthinkable happened."

► When a beaming Samantha Gardner broke the tape at the New Orleans Mardi Gras Marathon in January, her huge smile reflected more than just a sweet victory and a happy PR of 3:03:41. It was an arms-raised triumph over a dark moment in her past, representing a journey that had taken nearly 10 years.

Gardner was 20 years old on a sunny Sunday afternoon in November 2005 when she went out for the training run that would change her life forever. Home from college on Thanksgiving break, she was attacked by a man who held her for six hours, raped her repeatedly, and threatened to kill her before ultimately letting her go. Attempting to return to "normal," she insisted on running the half marathon she'd been training for, with a trusted mentor by her side every step of the way. But her sense of security and self had been irrevocably shattered: In the ensuing months and years, she suffered PTSD and an eating disorder that eventually landed her in a treatment facility.

Healing was, unsurprisingly, slow and gradual. Finishing her master's in tax accounting helped. As did moving to a new southern Alabama community in 2008 and landing a job as a CPA. And looking for running partners, which led her to a simpatico runner named Daniel, whom she would marry in 2010. Increasing her mileage and doing workouts with her husband, she watched her

times drop. Eventually she felt safe enough to talk about that awful day with a few congregants in her church. Their support encouraged her to start a blog informed by her faith. She still struggles—to this day, she rarely runs alone—but hopes that opening up will help victims of sexual assault, as well as other runners. "Everybody has hardships in life to overcome," she says. "Because of what happened, I am able to connect with people in a deeper way and have a greater sense of purpose." The marathon win? Just the most potent symbol that she's on the right path. —T.H.

#runtoovercome

Readers' CHOICE

TOP FEMALE VOTE-BETTER OVERALL and SEMIFINAL STAGE



KIMBERLY GRINER HEINZ

58, Hospital wellness and event coordinator

Arkdale, WI

#overcomingbyrunning

"Life really is a gift, despite grief and sorrow."

► When Kimberly Griner Heinz got the worst call a mother can receive on February 12, 2014, she dropped the phone and fell to her knees. Her son—her only child—had died from a drug overdose, just 10 days before his 27th birthday. How do you go on? One day at a time, as the cliché goes, but also, for a runner, one mile at a time. "I run to help others struggling with addiction in all parts of life," Heinz says. "It would be so much easier to curl up in a ball and stop living. This gives me a purpose to get up and get out."

Heinz had a strong network of running friends to support her through those first dark days and subsequent months of attempting to heal. Indeed, she had founded a running club five years earlier to meet like-minded people, when she'd moved to Arkdale from Tampa, Florida. "My running club is like my family," she says. "We are there for each other in good times and in bad times."

On October 11, she ran the Chicago Marathon in 6:16:01 with a photo of her son, Eric, pinned to her shirt. To the photo she had digitally added the names of nearly 2,000 people who struggle with or have lost battles to addiction. "I was stopped by dozens upon dozens of runners who felt compelled to share stories of addiction in their families, some of them recovering addicts themselves," she says. "They thanked me for helping eradicate the stigma so often associated with addicts and the families who love them. They stopped to hug me, pat my shoulder, squeeze my hand, share tears. I was overcome with emotion, both happy and sad." —T.H.

TOP MALE VOTE-BETTER OVERALL



MICHAEL SCOTT

42, Stay-at-home dad and coach
Greencastle, IN

#runnerdsrock

"Running has changed my life. I get joy out of seeing my athletes succeed."

► Michael Scott got where he is today thanks to *Runner's World*! Okay, we're joking, but only a little. In 2011, he managed a grocery store, weighed 235 pounds, drank four to six Mountain Dew's a day, and felt tired all the time. His wife, meanwhile, had started running and "was looking really great" (his words), inspiring him to go out for his first run—1.9 miles. "I thought I was going to die," he says.

He stuck with it, though, stopped drinking soda, and was soon down to 180 pounds and facing the prospect of running through a cold, dark Indiana winter when he decided to get motivated with the inaugural *Runner's World* Holiday Run Streak, which requires at least one mile a day from Thanksgiving to New Year's Day (see page 36). And he didn't stop running for 1,140 days—never once on a treadmill. Along the way he completed several marathons, including a 3:09:25 PR that qualified him for Boston, and a trio of 100-milers, during the last of which he unfortunately suffered a stress fracture that derailed his streak. And running truly changed his life: He became an RRCA-certified coach, took a job coaching track and field at his daughter's school, and started a Facebook group, Run Nerds Rock Coaching, whose rabid following voted in the Cover Search early and often—propelling him to the overall top (male) spot. In May, he saw there was a summer RW Run Streak, and guess what? As of press time, he'd notched 145 days. —T.H.

TOP MALE VOTE-BETTER SEMIFINAL STAGE



ANDREW PETERSON

22, Special Olympian and coach
Indianapolis, IN

#NOLimitsAndrew

"Shortly after birth, I was found alone. Running gave me success."

► Andrew Peterson is back in kindergarten. For five hours, five days a week, he volunteers to play, sing, encourage, and otherwise help keep a group of 5-year-olds on task. And at recess the three-time Special Olympics gold medalist runs around the playground with whoever wants to try to keep up with him. (He also helps coach a local high school's cross-country and track teams.) It's a remarkable achievement for a man dealing with the effects of being born with fetal alcohol syndrome. Abandoned by his birth mother, he was adopted at age 5. "He's with the same teacher who taught him 17 years ago when he hadn't learned to talk and routinely hit people," his dad reports. "He's become a calming force for several young boys with challenging behaviors."

Andrew began walking laps on the track in second grade as a proxy for detention. He picked up the pace and found he enjoyed running, earning four varsity letters in high school. In the 2014 Special Olympics, he took gold medals in the 1500, 3,000, and 5,000 meters. In November, he plans to run his second half marathon. "When I started running, other runners believed in me," says Peterson. His avid followers voted for him in droves, making him the only repeat from last year's 10 finalists. "I want to provide the same support for other runners who are just like me." —T.H.

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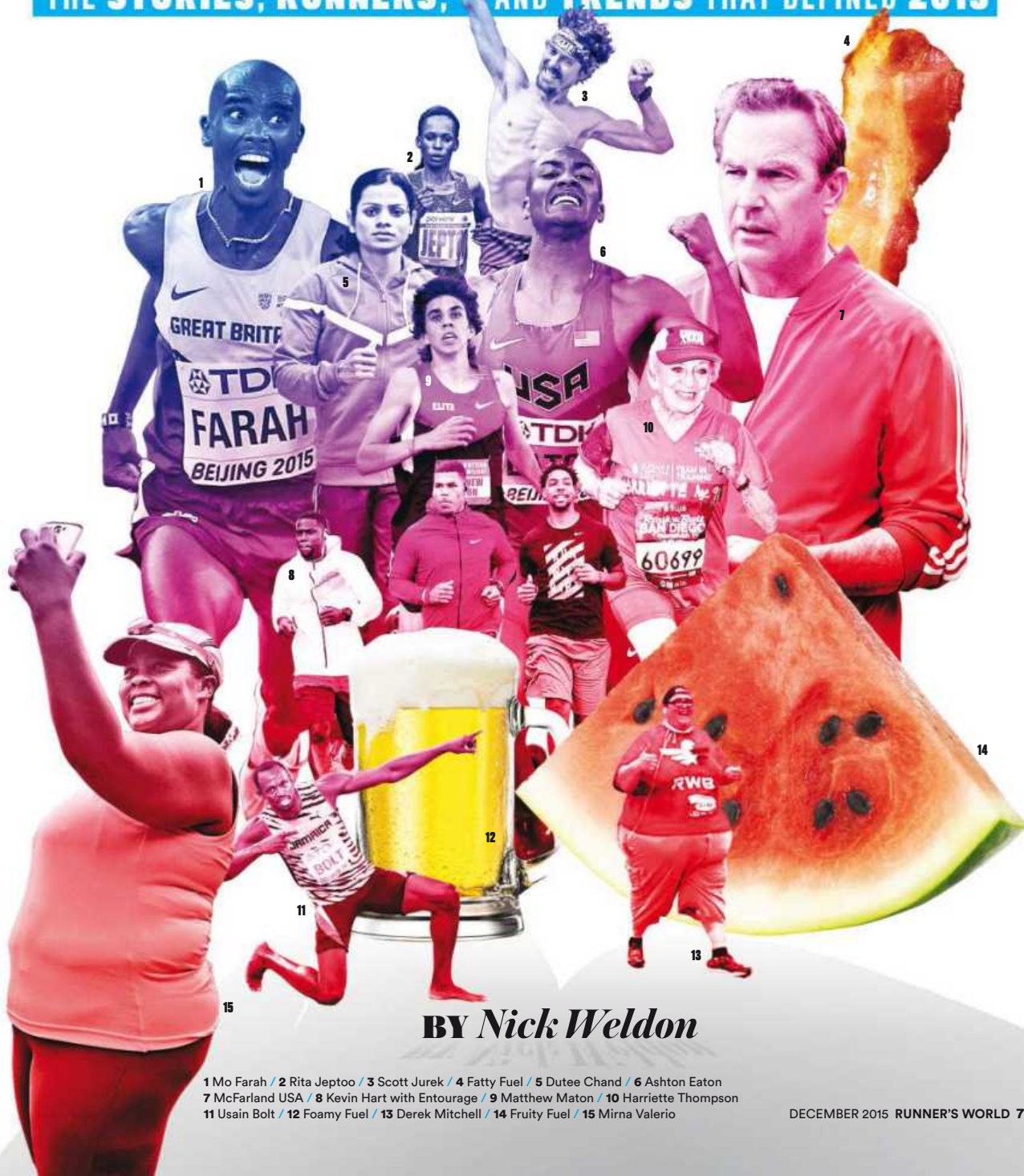
YEAR

IN



RUNNING

THE STORIES, RUNNERS, AND TRENDS THAT DEFINED 2015



BY *Nick Weldon*

1 Mo Farah / 2 Rita Jeptoo / 3 Scott Jurek / 4 Fatty Fuel / 5 Dutee Chand / 6 Ashton Eaton
7 McFarland USA / 8 Kevin Hart with Entourage / 9 Matthew Maton / 10 Harriette Thompson
11 Usain Bolt / 12 Foamy Fuel / 13 Derek Mitchell / 14 Fruity Fuel / 15 Mirna Valerio

STORY

of the Year

THE BODY-IMAGE BREAKTHROUGH

As mainstream culture embraced body positivity in 2015, the running world became a source of inspiration. There was **Derek Mitchell**, the Missouri man who in March, at 570 pounds, declared it his mission to run a 5K every month for the rest of the year. As of September he'd not only grown a following that included more than 17,000 Facebook fans, he'd already outpaced his goal by finishing his 17th race, including two 10Ks (and lost 100 pounds). Ultrarunner and *Fat Girl Running* blogger **Mirna Valerio** inspired America after appearing in *Runner's World* and on NBC. Plus-size model **Erica Jean Schenk** got major props for posing on the cover of *Women's Running*. England's **Lindsey Swift** became a viral star after penning an open letter on Facebook to a man who tried to "fat-shame" her on a run. The only shame in all of this: that it's taken so long for the public to celebrate athletes of all sizes.



Onward and Upward?

In May, New York Road Runners announced its president and CEO **Mary Wittenberg** would be stepping down to head up billionaire Richard Branson's new Virgin Sport venture. At the helm of NYRR, Wittenberg had grown its flagship event, the New York City Marathon, into a 50,000-runner leviathan. At Virgin Sport, mysteriously described as an "active lifestyle" company, she'll be charged with tapping into the phenomenon of mass-participation fitness on an even greater scale. Several months later, little else is known about the new company.



Unseeded

Beet-juice is so 2014. Taking its place: extract of watermelon. Yes, watermelon juice is nature's latest and greatest performance booster, according to a research group led by Andrew Jones, Ph.D., the guy who uncovered the benefits of beet juice. How it works: Watermelon juice draws its power from an amino acid that can improve blood pressure and performance in "severe intensity" exercise.



RECORDS

of the Year

WORLD MARKS

Months after setting the 5,000-meter indoor world record, **Genzebe Dibaba** (1) of Ethiopia outdid herself at a July IAAF Diamond League meet in Monaco by going for 3:50.07 in the 1500—a four-second PR—en route to breaking the world mark set by China's Qu Yunxia in 1993. In the process, she paced Shannon Rowbury to a 3:56.29, which broke Mary Decker Slaney's 32-year-old American record. **Ashton Eaton** (2) showed his running prowess by posting the fastest decathlon 400-meter time ever at the world championships in Beijing en route to breaking his own WR in the overall event and taking home his sixth consecutive global multi-event gold title.

HAPPY TRAILS

Ultramarathoning great **Scott Jurek** (3) had one massive achievement of endurance on his bucket list before he could call it a career: the Appalachian Trail through-hike speed record. In July, the 41-year-old completed the Georgia-to-Maine gauntlet after 46 days, eight hours, and seven minutes in the woods—mere hours faster than the old mark. His champagne celebration atop Mount Katahdin attracted controversy in the form of three park citations, two of which were dropped after Jurek agreed to pay \$500 for drinking in public. As the saying goes: It isn't the mountains ahead to climb that wear you out—it's the pebble in your shoe.

Rock 'n' the Boat

The college-athletes-as-school-employees debate may command more headlines, but now road racing has its own labor controversy. A former volunteer in the Rock 'n' Roll Marathon series sued its parent company, Competitor Group Inc.,

on the grounds that race volunteers should be paid as employees, and in May a federal judge denied the company's bid to have the case dismissed. The lawsuit contends that the for-profit race series uses charitable partnerships as a means to recruit free



DECEPTION POINTS

The Better Business Bureau issued a warning against fake themed races for the second straight year when it flagged the scam Color 5 Mile series in May. Elsewhere, a woman was briefly celebrated as the winner of the St. Louis Marathon after cutting the course, though the error was discovered within minutes. A runner named **Mike Rossi** went viral after posting a letter to his kids' principal explaining why he pulled them from school to watch him run Boston, but his qualifying time at the 2014 Via Marathon became the center of Zapruder-film scrutiny by LetsRun.com, which offered him \$100,000 to match the time on a legitimate course. Rossi has maintained his innocence and his BQ hasn't been invalidated, though he's yet to take up LetsRun.com's offer.



labor. A tough legal battle is expected, but if the plaintiffs succeed, thousands of races could be impacted.

If the Shoe Fits...

The best running advice of 2015 is so simple it would seem glib if it didn't come from a thorough *British Journal of Sports Medicine* review of decades of research: The right shoe for you is the one that's most comfortable. It's a subjective measure, lead author Dr. Benno Nigg admits, but he hypothesizes that, broadly, runners who select shoes they feel are most comfortable are more efficient and get hurt less.

...Buy It?

In its 2015 runner survey, Running USA reported fit/comfort as the top determining factor in shoe purchases, with cushioning second. The trend has helped drive the maximalist shoe movement, where Hoka One One (1) is no longer alone—2015 saw every major shoe maker release an oversized shoe while also adding foam underfoot across their lines. The other major trend: bounce. Associated with the Adidas Boost line, it's now in the Puma Ignite, soon-to-be Saucony Everun, and others.

It's a CrossFit World...

...and we're just running in it. The fitness company and exercise program that emphasizes high-intensity strength and conditioning training is no longer just a trend—it's a cultural mainstay. According to *60 Minutes*, which dedicated part of an episode to CrossFit, Inc. (2) and its founder Greg Glassman in May, it has evolved into the largest gym chain in history. In the last three years, CrossFit has nearly tripled its number of gyms—they prefer the term "boxes" for the spartan setup—to 12,000, and *Forbes* estimates that the brand is now worth \$4 billion. Its annual CrossFit Games, which showcase the competitive end of this fitness phenomenon, continue to be a massive draw as a spectator sport both live and on ESPN.

Forever Young

In September, a Mayo Clinic review of a range of runner studies reported that running as little as six miles a week can improve longevity by three to six years. This news was accompanied in 2015 by an array of inspirational stories about older runners redefining human limits. In September, Bill Benson (3), 96, became the oldest finisher at the 2015 Fifth Avenue Mile. In May, Harriette Thompson, at 92, became the oldest woman to

TRENDS

of the Year



THE SOCIAL RUNNER RULES

A majority of runners who participated in Running USA's 2015 National Runner Survey said that they post race results and photos on social media. The running world, it appears, isn't immune to selfie fever. Anybody who ran a road race in 2015 could corroborate the prevalence of people pausing midstride for a quick snap—particularly in noncompetitive events like color runs. You can even find video of an entire 10K run with a selfie stick on YouTube. The trend may irk some, but it's not without its benefits if you happen to be in the right place at the right time: Troy Wayrynen won a National Press Photographers Association award this spring for—wait for it—snapping a photo of a high school runner snapping a photo of himself.

CUP HALF FULL

Running USA's 2015 U.S. Road Race Trends report brought with it news that the number of events and finishers in U.S. road races the year before had decreased slightly for the first time since it began tracking data in 1990. The dip was small, at one percent, and told only part of the story. The number of half and full marathon finishers actually increased by four and two percent, respectively, with the half as the favored distance of 41 percent of runners polled—way out in front of the next most popular distance, the 5K, at 18 percent. The send-up: Even as overall participation leveled off, the nearly 19 million total race finishers were pushing themselves to go farther.

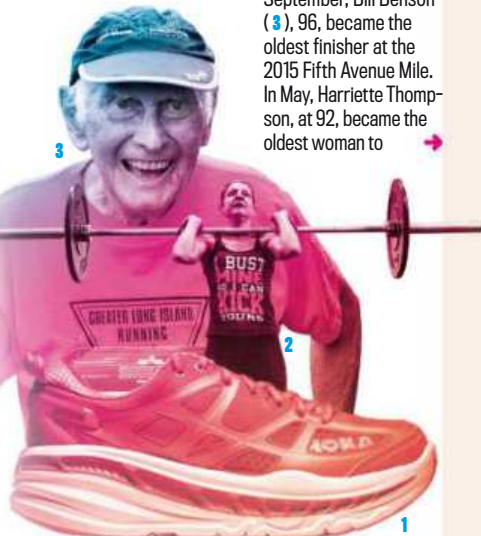


RISE OF THE MACHINE

What's that in the sky? In the last year, runners weren't just spying birds and planes—but also drones. The applications for unmanned aerial vehicles are varied for running. Some races, like the Big Sur International Marathon and Zane Grey 50-miler, use them to provide unique perspectives of the proceedings—though others, like the Boston and NYC marathons, have banned them. There's also potential for individuals: Australian researchers have experimented with using quadcopters to assist runners interested in allowing a robot to guide and pace them. There are safety concerns; in 2014 a triathlete was struck in the head and injured by a wayward device. As the technology improves, however, drones will almost certainly play a key role in the future of running.

DATA DELUGE

If drones represent running's "hardware" frontier, a number of developments this past year may signal where we're headed with software. The big shoe and apparel brands—Nike and Under Armour, in particular—have been duking it out in the fitness-tracking space. In an effort to catch industry-leader Nike, UA has recently snapped up \$710 million in health apps, including MapMyFitness, MyFitnessPal, and Endomondo, and according to a survey released in September, the moves have worked: Its Connected Fitness platform was ranked the most preferred fitness app among women. Our running has been applied in some other unexpected ways, such as a global heat map released by Strava late last year that reveals popular running routes. And in August, Shoekicker.com launched with an intriguing goal: Aggregate shoe prices online to provide runners with the best deals for their favorite models.



→ finish a marathon. And in June, 70-year-old Gunhild Swanson became the oldest woman to complete the Western States 100-Mile Endurance Run.



A New Era?

The International Association of Athletics Federations, which governs road and track racing globally, has dealt with its share of controversies over the years, but in electing Seb Coe as its sixth president in August, it has given the running world reason to be optimistic. Coe, a two-time 1500-meter Olympic champion, was the mastermind of the 2012 London Olympic Games and also has experience

in business and the U.K. Parliament. He defeated Olympic pole-vaulter legend Sergey Bubka in the election, and is charged first and foremost with repairing the reputation of a sport beset by doping scandals. His election has been applauded—but in re-envisioning an organization that has often been compared to soccer's vilified FIFA, Coe certainly faces his toughest challenge yet.



Peak Beer Mile

What began with a few friends goofing around in the late 1980s has evolved into a spectator sport covered by ESPN. An international field of hundreds came out to the inaugural Beer Mile World Classic in San



Francisco in August to chug a 12-ounce beer and run a quarter-mile, then repeat three times as fast as they could. With increased attention has come more scrutiny; in April, an apparent new men's WR was challenged over the amount of liquid remaining in the final beer. No matter: That time was topped twice later in the year, and the current official WR is 4:55.78 by Canadian Lewis Kent, set two weeks prior to the world classic. Just how popular is it? More than 90,000 attempts have been logged in the official database at beermile.com.

Funny Runs

Superstar comedian **Kevin Hart** started a cool movement in June when he tweeted that he'd be hosting a spontaneous 5K in Boston prior to a show. It drew 300 fans and kicked off a series of runs that followed Hart across the U.S. Thousands have joined his "Run With Hart" tour, now sponsored by Nike+ Run Club. Word spread on social media (#RunWithHart), and Hart is now a genuine running ambassador—no joke.



Bucking the Binary

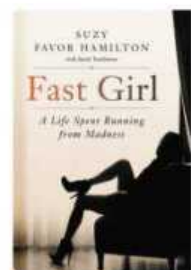
In the same year that decathlon icon **Bruce Jenner** transitioned to a transgender woman, Indian sprinter Dutee Chand levied a blow against sport's biological gender binary (the concept that gender is restricted to male or female, based on biological differences, not a person's sense or experience of gender). Chand had challenged "hyperandrogenism regulations" that had kept her out of competition against other women since last summer for having naturally elevated testosterone levels. The Court of Arbitration for Sport ruled in her favor, allowing Chand to return to racing, and suspended the regulations for two years to let the IAAF gather evidence on the advantage hyperandrogenic women may →

BOOKS of the Year



RACING THE RAIN

Quenton Cassidy, protagonist of the classic 1978 novel *Once a Runner*, made his return in author **John L. Parker Jr.'s** prequel, *Racing the Rain*. In it, readers learn how a young Cassidy discovered his natural running ability through his first love, basketball. Set in muggy 1950s and '60s Florida, the coming of age tale is rich in intrigue and local color, delving into Cassidy's complicated friendship with a swamp-wise trapper. In a literary year marked by a more controversial character's return (Atticus Finch in Harper Lee's *Mockingbird* follow-up, *Go Set a Watchman*), a few more miles with Cassidy felt like a breath of fresh air, humidity be damned.



FAST GIRL

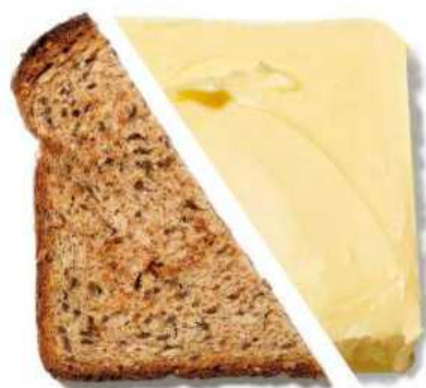
Nearly three years after *The Smoking Gun* reported that former Olympic middle-distance runner **Suzy Favor Hamilton** had worked as a high-end Las Vegas escort, she released her side of the story in the memoir *Fast Girl: A Life Spent Running from Madness*. In it, Hamilton goes in depth about struggles that followed her retirement from pro running, including depression, her bipolar disorder, and suicidal thoughts. She details her passion for running but also the anxiety it brought her, admitting that she intentionally fell during the 1500-meter final at the 2000 Olympics. Anyone looking for an honest look at mental health will find it a worthwhile read.

SCANDAL of the Year

WHO'S THE DOPE?

The steady stream of doping headlines this year provided cause to both celebrate the strides made by clean-sport crusaders and bemoan **the tarnished integrity of elite running**. In January, then-reigning Boston and Chicago champ Rita Jeptoo (1) received a two-year ban after testing positive for EPO. In June, former Nike Oregon Project members alleged that coach Alberto Salazar (2) and runner Galen Rupp (3) had broken drug rules (both have denied it, and USADA is investigating). And in August, a German journalist alleged rampant doping in Russia and Kenya; Liliya Shobukhova (4) of Russia, the second-fastest female marathoner ever, was stripped of numerous titles for doping; the IAAF suspended 28 athletes after using new technology to retest past blood samples; and the Court of Arbitration for Sport took away Asli Cakir Alptekin's (5) 2012 Olympic gold in the 1500 after her second doping violation.





DEBATE

of the Year

CARB WARS

Or is it a fat spat? The year's top discussion in sports nutrition was over carb-fat consumption ratios (see page 82). South African scientist Tim Noakes, M.D., coauthor of the best-seller *The Real Meal Revolution*, championed the benefits of low-carb, high-fat diets to his detriment: He faced an ethics hearing in November over tweeting similar dietary advice for babies. In August, new results from an NIH study suggested the opposite: that low-fat/high-carb diets were better than low-carb/high-fat ones for losing body fat. In other words, the best dietary path is as muddled as ever.

→ have over female athletes with normal testosterone levels.

Four Minutes to Greatness

The spring saw two teenagers make history. In May, **Matthew Maton** of Oregon became the sixth American high-schooler to break four minutes in the mile, with a 3:59.38 finish that put him behind only Alan Webb and Jim Ryun on the all-time U.S. high school list. Less than a month later, **Grant Fisher** (1) of Michigan ran the exact same time as Maton. The pair could become a great rivalry, as they'll see plenty of each other in the next four years. Both kicked off college careers this fall in the Pac-12: Maton at Oregon and Fisher at Stanford.

Reel Returns

Running is going Hollywood. The year started with the ongoing success of Angelina Jolie's *Unbroken*, which chroni-

cled the story of Olympic runner and prisoner of war **Louis Zamperini** (2). By the end of its run in March, it had grossed over \$161 million worldwide. Meanwhile, the less-ballyhooed Disney cross-country film *McFarland, USA*, which starred Kevin Costner and premiered in February, met with surprising critical praise and box-office success. And news broke that Matthew McConaughey will play Micah True, a.k.a. "Caballo Blanco," in the movie of Christopher McDougall's *Born to Run*, which doesn't yet have a release date.

High Runners

With the spreading legalization and social acceptance of marijuana (3), it was inevitable: a pot-themed 5K with every runner wearing bib number 420. The second annual 420 Games, held in August in San Francisco, drew more than 500 runners and awarded \$500 mar-

ijuana gift cards to the winners—including Chris Barnicle, who finished in 15:57 and, like an estimated half the field, ran under the influence. Similar races popped up this year from Cleveland to Central Florida. Research has shown marijuana to have some anti-inflammatory effects, though there remain possible health drawbacks (see page 28). As more runners use weed, however, we may soon need to retire the stoner/slacker cliché.

That Awkward Moment

Fans of U.S. track and field felt a mix of emotions at the end of the women's 10,000-meter final at the world championships. National champion and track veteran **Molly Huddle** (4) was in position to win a bronze medal, which would have been her long-awaited first in a worlds or Olympics final, when she slowed

and raised her arms to celebrate steps from the finish. In that moment, her teammate **Emily Infeld** (5) surged past her to claim third place. After the race the pair wore opposing looks of agony and ecstasy as they watched the replay on the stadium screen—a clip, and cautionary tale, seen the world over in the following days.

Sponsor-gate

Outspoken U.S. 800-meter champion **Nick Symmonds** (6) made headlines ahead of the world championships when he challenged USA Track & Field's hazy apparel rules. At issue was a mandatory

statement that bound athletes to wear Nike Team uniforms at all "official" Team USA functions. Symmonds, sponsored by Brooks, refused to sign; the reigning national champ was then left off the team. But his actions led to USATF clarifying its rules, and athletes in Beijing said they were able to promote their individual sponsors outside of competition without issue.

Deena-mite!


In October, **Deena Kastor**, the 42-year-old American record holder in the marathon, proved she was far from finished. Though she hadn't broken

2:30 in six years, she entered the Chicago Marathon targeting the decade-old U.S. masters record of 2:28:40—and crushed it by nearly a minute. Her 2:27:47 finish was good enough for seventh place overall and, in an otherwise down year for U.S. marathoning—no American finished higher than tenth at the world championships—was also the fastest race by an American woman all year. The feat makes the 2004 Olympic bronze medalist a legitimate threat to make the 2016 Olympic team for Rio de Janeiro at the marathon trials in Los Angeles in February.

RUNNERS

of the Year

STILL THE BEST

One was challenged by his health and a fierce rival, the other by the doping drama surrounding his coach. But after the world championships in Beijing, any doubt that **Usain Bolt** and **Mo Farah** were the unquestioned masters of their disciplines had been roundly quashed. Bolt had spent much of the past year dealing with injuries and watching American Justin Gatlin emerge as one of the fastest 100- and 200-meter runners in the world, but under the bright lights, the Jamaican superstar won gold in both distances. Farah, meanwhile, spent months defending himself as his coach, Alberto Salazar, was accused of breaking doping rules. The British great distanced himself from the scandal en route to double golds of his own in the 5,000 and 10,000 meters, matching his haul at the 2012 Olympics and 2013 worlds. 

More athletes are ditching pasta, bread, and other carbs for steak, eggs, and (gasp!) butter. **Could eating more fat actually make you a better runner?** Our writer tested the theory while training for a marathon—with surprising results.

"I JUST WANT TO STAND HERE a minute," I say, pausing in front of a gleaming bakery case. I'm three weeks into training for a marathon. I'm also on a controversial low-carb, high-fat diet, and despite the fact that every proponent has assured me I'd lose my desire for sweets after a week or two, I am enraptured by the carrot cakes on display at our local Costco.

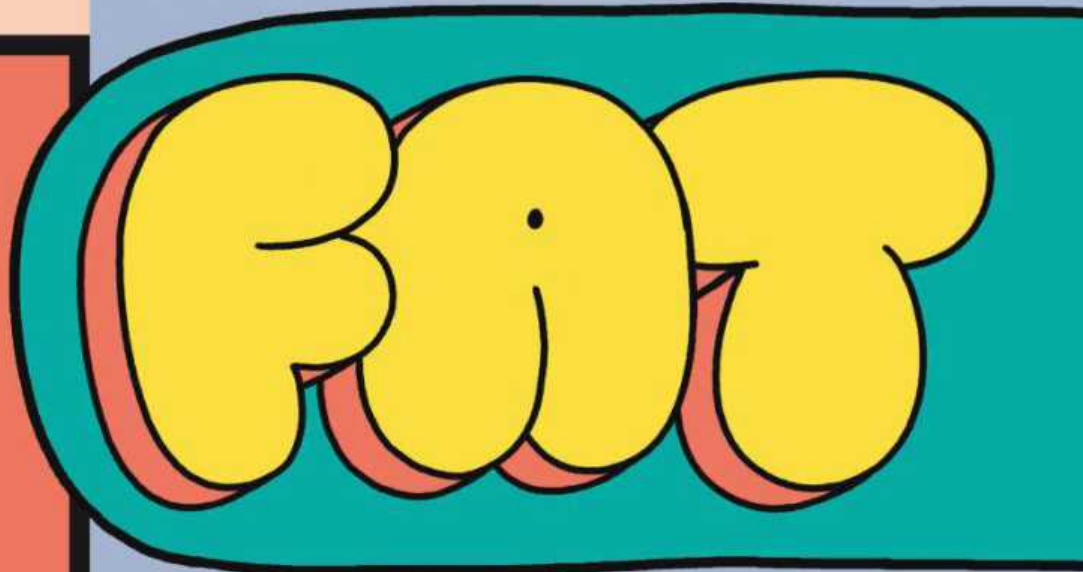
"Do we need Brussels sprouts?" my husband asks.

I can't hear him over the depraved screams of my sweet tooth. I stare lustfully at the puck-shaped pillow of cake and wonder how the hell I'm going to make it through 13 more weeks of this. *Stupid marathon*, I think as I woefully push my cart toward the produce section. *Stupid diet*.

Fat-adapted running is an emerging philosophy in the long-distance running community. Some runners—

By AC Shilton

Photographs by Grant Cornett
Illustrations by Serge Seidlitz



Low carbs means no bread—not even the nutty, whole-grain kind—no pasta, and very little fruit. The author especially missed peaches.



CHANCE!



While they also encourage “healthy” fats in avocados and nuts, high-fat diets allow saturated fats found in butter, cheese, and bacon.

especially ultradistance athletes—are trying low-carb, high-fat (LCHF) diets in an attempt to teach their bodies to use fat for fuel. The theory is that since the human body can store more fat than carbohydrates, by becoming “fat adapted,” you’ll be able to go farther faster. A few pro runners, like 2:31:29 marathoner Zach Bitter, have switched to LCHF diets. Others modify the approach to run low on carbs only occasionally: Ryan Bolton, who coaches elites in Santa Fe, New Mexico, has his athletes doing fasted long runs up to 20 miles with the idea that this will help them boost their ability to metabolize fat.

The LCHF diet calls for 50 to 70 percent of calories to come from fat, up to 20 percent from protein, up to 20 percent from vegetables, and just five percent from fruits and starches.

That ratio is in stark contrast to the kind of traditional diet favored by most runners (and this magazine). Registered dietitian and sports nutritionist Nancy Clark recommends that athletes get 55 to 65 percent of their calories from carbs, 25 to 30 percent of their calories from fat, and 10 to 15 percent of their calories from protein. The LCHF diet is similar to the better-known Paleo Diet in a few ways. For example, grains, sugar, and legumes are all out. Both plans allow ample amounts of eggs, grass-fed meats, nuts, and low-starch veggies. But the Paleo Diet allows dates, among other fruits (in moderation), which would bust the carb bank on LCHF (which does allow coconut and fruits like berries). And Paleo has more of an emphasis on protein (up to 35

percent). The low-carb, high-fat diets don't make a big fuss over saturated fat. In fact, Dave Asprey, the "biohacker" behind the *Bulletproof Diet* (published by Rodale, the parent company of *Runner's World*), says saturated fats count as "good fat," since they are used to build cell membranes and to make hormones. Furthermore, proponents of the diet say that the links between saturated fat and coronary heart disease are based on shaky-at-best science.

Despite turning traditional wisdom about the runner's diet on its head, fans of fat-adapted running swear you'll both nail a PR and lose weight. But a few weeks in, all I felt like I was losing was my sanity.

How Did I Get Here?

THE FIRST THING you need to know about me is that I do not believe in fad diets. I've watched too many friends try very-low-fat diets, grapefruit diets, cabbage soup diets—you name it—with no lasting results. Plus, a severe eating disorder in my teens and early 20s made me realize that eliminating entire food groups is—at least for me—a dangerous proposition.

Since recovering, I've been a moderation evangelist. I do eat cookies, just not the whole box. But while I felt my moderation diet was working, I was discouraged by my moderate running times. I started running when I was 15, more than 15 years ago. In four years, starting in 2008, I'd run four marathons between 4:23 and 4:30. I've also done two full Ironmans, finishing both in almost the exact same time. I sought help from a local coach, Matt Reedy, but he said his marathon plan required eating no carbs two hours before or after training runs. I told him he was nuts and moved on. Later I added a fifth 4:20-something to my collection.

Then I got on the phone with Timothy Noakes, M.D., one of the best-known exercise science researchers in the world and the author of the 1986 training bible *Lore of Running*. I called him for a story about muscle cramps, and our conversation turned to nutrition. "I'm sorry, I didn't get that last sentence," I said, thinking the transatlantic connection had made it sound like he was advocating running on a low-carb diet. He was. "It's totally changed my running," he repeated. "I'd become lethargic and

After two weeks of feeling like crap on the diet, I showed up for a workout and kept up with the fast guys. Wow!

I wasn't really enjoying running." Noakes added that he had type 2 diabetes, despite exercising regularly and eating what he'd thought was a healthy diet. When he shifted to a low-carb, high-fat diet: "I went from running like a 60-year-old [which he is] to running like a 40-year-old," he says. So enthusiastic was he about his new approach that he wrote a best-selling book about it, *Real Meal Revolution*.

That night, I pushed my post-speed-work pasta around my plate. I trusted Noakes. I'd read many papers he'd authored over the years. And I had friends that had reached their goals using Reedy's carb-free plan. What if there was something to this?

The Big Fat Idea

SO I WENT BACK to Reedy and told him I was ready to listen. He walked me through the changes I'd have to make and how the 16-week training plan would be more about boosting my metabolic efficiency than boosting my aerobic capacity. I said farewell to my prerun bowl of cereal and signed on.

Metabolic efficiency is a term coined by Bob Seebohar, a sports dietitian and exercise physiologist. Ten years ago he realized that he kept hearing the same two complaints from runners: I want to lose weight, and I have GI issues when I run. He wondered if he could alleviate these issues by switching his athletes' metabolisms so they thrived on fat. "I knew the physiology of the thing from my exercise physiology courses, I just didn't know if it could be done through dietary manipulation."

According to Seebohar, who outlines his theory in *Metabolic Efficiency Training: Training the Body to Burn More Fat*, the average person is able to store between 1,400 and 2,000 calories of glycogen in their body. These glycogen stores come from eating carbohydrates—fruit, pasta, bread, and,

yes, cookies. Glycogen is your body's go-to source for fuel, and a huge amount of evidence shows it is the best fuel for speedy performance. But when you're out of it—oh, when you're out—that's a bonk, and it's awful.

Now try not to take this next part personally: Seebohar says you have almost unlimited stores of fat calories to burn. A 150-pound person, for instance, may have 80,000 calories worth of stored fat at any one time. Teach your body to run on fat and you can run forever—at least in theory.

Day One: No Carbs. Please Send Pasta Soon

I STARTED THE SWITCH on a Monday morning. I poured my coffee, dumped a bit of half-and-half into the mug, and tried to reconcile myself to a world of unsweetened things. Judge me if you wish, but I like my coffee sweet. Actually, I like everything sweet, and sugar is strictly verboten on the low-carb, high-fat approach. I sipped at my morning brew. *Disgusting*, I thought.

The day went downhill. Breakfast was two hard-boiled eggs that slip-slided unappetizingly around



my plate. Out were my normal fresh fruit and peanut butter on toast snacks. Subbed in were roasted almonds, chunks of cheese, and bits of salami. My Monday evening run started slow and ended slower. By dinnertime I was morose as I poked like a perturbed surgeon at my chicken breast.

The next morning's hill workout felt like trying to summit Denali while knee-deep in mud. The following day's spin class was no better. Reedy had designed my schedule so I was running just a few miles at a time during the transition. Although I'd finished a full Ironman before starting this diet, even three-mile runs were now hard.

My husband had promised to try fat adaptation with me. Two miles into his second carb-free run, he slowed to a walk, put his hands on his hips, and exhaled a stream of pungent language. The next day I found a squashed box of Cheez-Its at the bottom of our recycling bin. I was on my own.

And then, after two weeks of doubts and desires, on day 16, I showed up for a group run and got stuck with a bunch of "fast guys." We were doing last-man-up drills, where the group runs in a line and the person at the back sprints to the front. Your group can only go as fast as the slowest person, and I was going to be, by far, the slowest person. "There's no way," I said. "I've been running like crap."

We started running single file on a path next to a small lake. I made my first pass with ease and settled back in. When it was my turn to pass again, I accelerated, and my legs didn't complain. I swung back into line and fig-

ured it would hit on my next trip to the front. Then, one of the fast guys dropped out. But I was still there. That wasn't supposed to happen. Round and round we went. The bonk never came. When practice ended, I was still tucked into our little group. Wow!

Both *The Bulletproof Diet* and Noakes's *Real Meal Revolution* promise you'll lose weight—and fast. I wasn't carrying that much extra weight in the first place. Still, over the 16-week period, I did drop 13 pounds.

The Bad News

MOST LOW-CARB, HIGH-FAT DIETS suggest only limited fruit per day, but after I suffered a week of insomnia, Asprey recommended adding in more carbs before bed. I chose grapes (Asprey wouldn't approve), popped them like a kid gorging on Halloween candy, and slept soundly thereafter.

I also suffered debilitating muscle cramps, particularly in my calves, which would seize during the day and while I slept. It may have been a result of low magnesium levels. Low-carb diet plans eliminate whole grains and beans—according to the National Institutes of Health, these are two of the best dietary sources of the mineral. And although dark leafy greens like spinach contain the stuff, you have to eat a lot of them to get enough. I started taking a daily magnesium supplement and it helped, but still, I found myself thinking: *Is it really the healthiest diet if you have to take supplements to get what you need?*

I also worried about my kidneys. When your body burns fat, it releases ketones into the bloodstream, which are filtered out by your kidneys. Some researchers—and a lot of people you meet at the gym—believe the extra ketones plus the protein-heavy nature of a low-carb diet could lead to increases in kidney stones or renal disease. However, a 2012 study in the *Clinical Journal of the American Society of Nephrology* found that after tracking obese adults for four years, there was no difference in kidney function for those on low-carb diets versus those on low-fat diets. (The study did note that an even longer-term study was still needed.) And a 2005 review of literature published in *Nutrition & Metabolism* found that there was no correlation between an increase in animal



A Day of Eating LOW CARB, HIGH FAT

BREAKFAST

Coffee with 2 tablespoons of butter, 1 teaspoon of stevia, and 1 tablespoon of Dave Asprey's MCT Oil, plus 1 whole egg scrambled with 1 egg white: **430 calories, 43 g fat, 1 g carbs**

Midmorning snack: Serving of salted, mixed nuts: **172 calories, 17 g fat, 6 g carbs**

LUNCH

Salad of mixed greens, shredded carrots, red onion, and half an avocado topped with 4 ounces of cold smoked salmon, 1 teaspoon olive oil, and 1 teaspoon balsamic vinegar: **427 calories, 28 g fat, 13 g carbs**

Afternoon snack: Tea with half-and-half and 2 tablespoons of almond butter. (Yup, from the spoon. Go ahead, judge.) **200 calories, 18 g fat, 6 g carbs**

DINNER

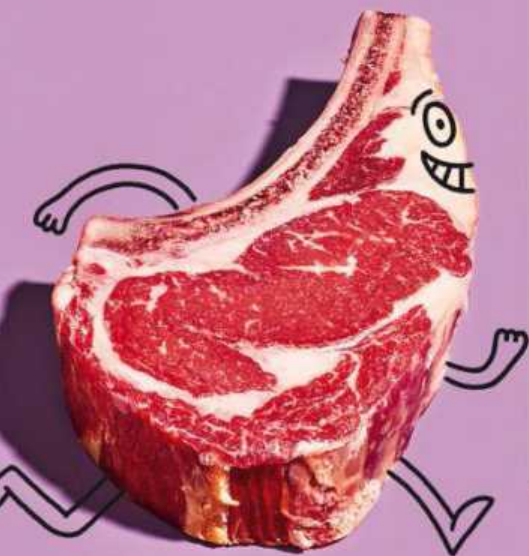
Marinara with turkey meatballs over zucchini "spaghetti" topped with Parmesan cheese: **451 calories, 17 g fat, 24 g carbs**

Dessert: Whole grapefruit, and 3 or 4 dark-chocolate-covered almonds: **120 calories, 5 g fat, 20 g carbs**

Total for the day: **1,800 calories, 128 g fat, 70 g carbs**

protein consumption and incidences of renal disease in populations that had normal renal function to begin with.

I worried about my cholesterol, too. At the height of my Ironman training, I'd had a doctor flag my levels as borderline high. I'd been eating a low-fat diet, chucking my egg yolks, and keeping red meat to once a week. The



nurse called me with my results and urged me to make sure I was “getting enough exercise.”

So when I started loading up on bacon and beef stew for this experiment, every interval run made me imagine that my heart was ready to explode, strangled by renegade lipid particles.

And my cholesterol did go up. Both my HDL and LDL numbers jumped. My HDL (or “good” cholesterol) went from 67 to 87 milligrams per deciliter, and my LDL (the “bad”) shot up from 122 to 145 milligrams per deciliter. My triglycerides, however, dropped.

“I’m not concerned yet,” said Gary C. Courville, M.D., my general practitioner. “A healthy, young person like you, it’s not really something you need to worry about. But you may want to consider laying off the bacon a bit.”

The tide is changing in how we think about cholesterol and whether saturated fat is really the villain it’s been cast as. A growing body of research is showing that the HDL/ LDL picture is incomplete, and that conventional wisdom and testing may not give us the actual data we need to detect real cardiac risks. The size and density of LDL particles seems to matter more than the total number of particles, and some research has shown that low-fat, high-carb diets produce the worst kind of LDL particles—the small, hard kind. But at the same time, other research has shown that low-carb, high-fat diets produce an increase in the large, low-density LDL particles—which are the type least likely to cause a cardiac incident.



Diets Make Everyone Seem Crazy

BUT ALL MY WORRIES DIDN’T nearly compare to what I should have been concerned about: the social effects of being on such a diet. When you tell people you are training for and running a marathon without carbs, you get a lot of side-eyed looks. I found myself quickly adding: “It’s for a story! I know; it’s crazy, right?”

It’s one thing, however, to be a journalist doing an N=1 experiment. When you’re a well-known researcher who has spent his career talking about how athletes need carbs? Well that’s an entire other can of (low-carb) crazy. Noakes has taken a lot of heat for his position switch, being called everything from a charlatan to a seller of snake oil. “Noakes has gone out on a limb,

(Continued on page 111)

The author finished her fifth marathon last December in Naples, FL, with a 16-minute PR. After recovering, she bought a cake.



A Tasty LCHF Meal

Avocado, Ham, and Egg Cups

(recipe from Prevention.com)

- 2 avocados**
- 2 slices deli ham**
- 4 eggs**
 - ▶ Salt and black pepper
 - ▶ Pinch of chives, for garnish
 - ▶ Parmesan cheese, grated or shredded, for garnish

Heat oven to 425°F. Halve both avocados and scoop out about a third of the flesh from each avocado half around the pit’s indent. Dice scooped flesh and set aside. Halve both ham slices and fit half a slice into each avocado half to form a cup. Carefully crack 1 egg into each cup without breaking the yolk. Season with salt and pepper, and bake until egg is set but yolk is still runny, about 15 minutes. Remove from oven and top each cup with chives, a sprinkle of Parmesan cheese, and the diced avocado. Serves 4.

Zucchini “Noodles”

- 2 medium to large zucchinis**
- ▶ Salt

Using a mandolin or a vegetable peeler, carefully cut zucchini lengthwise into ribbons, only through the outer flesh of the zucchini—once you reach the seeds, stop.

Bring a pot of water to a boil and add a pinch of salt. Drop zucchini ribbons into the boiling water and cook for one minute. Drain “noodles” and rinse under cool water. Give noodles a squeeze to release excess water, then top with sauce.

RUNNER'S WORLD

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WINTER SHOE GUIDE

TROTTER
RW SHOE LAB
TROTTER

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featuring*
IMAGES AND DATA
FOR BOTH MEN'S AND
WOMEN'S SHOES

BY JONATHAN BEVERLY

& MARTYN SHORTEN, PH.D.

PHOTOGRAPHS BY NICK FERRARI

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START
HERE

DO YOU KNOW THE TYPE OF SHOE THAT WORKS WELL FOR YOUR SIZE, STRIDE, AND PREFERRED RIDE?

YES

Proceed directly to the grid below. Shoes are arranged in terms of cushioning, weight, sole height, flexibility, and stability features as measured in the RW Shoe Lab. You'll find lighter, less-supportive shoes in the bottom left and highly cushioned, more stable shoes in the top right. Shoes in the middle provide a balance of performance and protection features and can work well for many runners.

NO

Put yourself into a runner group using the table at right, starting with Body Size at the top, then working down. When you've arrived at a color-coded group on the bottom of the table, locate it on the grid below. Shoes in that encircled group tend to work well for runners like you. Start with shoes well within your group, but feel free to consider models along the border or in a neighboring group.

SHOES IN THIS REGION ARE LIGHT, FLEXIBLE, AND WELL CUSHIONED WITHOUT STABILITY AND SUPPORT FEATURES.

MORE

C

"Reviewed Previously" shoes are well-known models, shown here for reference. Visit runnersworld.com/shoesearch to read reviews of them.


Saucony Kinvara 5
Reviewed Previously


361° Spire
p. 95


Adidas Supernova Glide 7
Reviewed Previously


New Balance 870v4
Reviewed Previously

LESS SHOE


Altra Impulse
p. 98


Puma Ignite
Pwrwarm
p. 100

B

For every Shoe Guide, men's and women's models are tested on the road and in the lab. Images here are for women's.

A


Puma Faas 500 v4
Pwrwarm
p. 101


Mizuno Wave
Sayonara 3
p. 100


EDITOR'S CHOICE
New Balance 1500v2
p. 100


BEST UPDATE
Adidas Adizero Boston
Boost 5
p. 98


361° KgM2
p. 101

SHOES IN THIS REGION OFFER A FIRM, CLOSE-TO-THE-GROUND RIDE WITH LITTLE WEIGHT AND FEW RESTRICTIONS ON FOOT MOTION.

LESS

RUNNER GROUPS

WE ANALYZED DATA FROM MORE THAN 3 MILLION USERS OF THE RW ONLINE SHOE FINDER TO SORT RUNNERS INTO SEVEN GROUPS. RUNNERS IN EACH GROUP HAVE SIMILAR SHOE NEEDS BASED ON A FEW KEY VARIABLES.

BODY SIZE Body Mass Index is calculated from your weight and height, and offers a fairly reliable indication of body type. BMI = Weight (pounds) / (Height [inches]) ² x 703. Or use the calculator at runnersworld.com/bmi . Generally, the higher your BMI, the more shoe you need.	BMI < 23 <i>Examples:</i> Under 160 lb. for 5'10" man Under 134 lb. for 5'4" woman				BMI 23–27 <i>Examples:</i> 161–188 lb. for 5'10" man 135–157 lb. for 5'4" woman				BMI > 27 <i>Examples:</i> Over 189 lb. for 5'10" man Over 158 lb. for 5'4" woman			
RUNNING EXPERIENCE This includes how long you've been running and how much you run. Find your level here by estimating your average miles per week over the past year. The more you run, the more efficient you tend to become and, generally, the less shoe you need.	More than 20 miles per week		Fewer than 20 miles per week		More than 15 miles per week		Fewer than 15 miles per week		More than 10 miles per week		Fewer than 10 miles per week	
INJURY EXPERIENCE During normal training, do you tend to develop problems in your joints, bones, and connective tissue? Those with higher incidence of injuries tend to need shoes with more support. <i>Note: Shoes cannot cure injuries, and the causes of problems vary greatly. If you're battling persistent injuries, you should see a medical professional.</i>	No	Yes	Yes	No	No	Yes	Yes	No	No	Yes	Yes	No
GROUPS	A	B	C		B		D	E		D	F	G

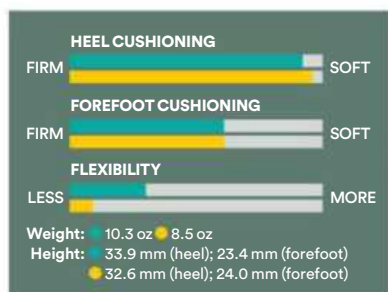


WINTER SHOE GUIDE 2015



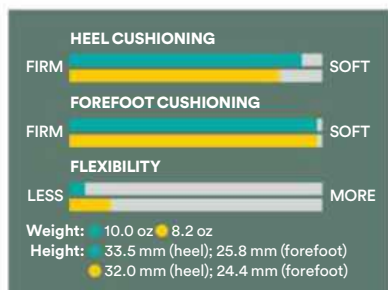
Nike Air Zoom Structure 19 \$120

Nike designers did major renovation on the Air Zoom Structure last year, so this year they focused attention only on the upper. Advanced knitting techniques allow them to create **zones of support and areas of flexibility and breathability in one layer of fabric**, refining the fit and hold without adding weight. Those with average-shaped feet found the fit “comfortable and secure.”

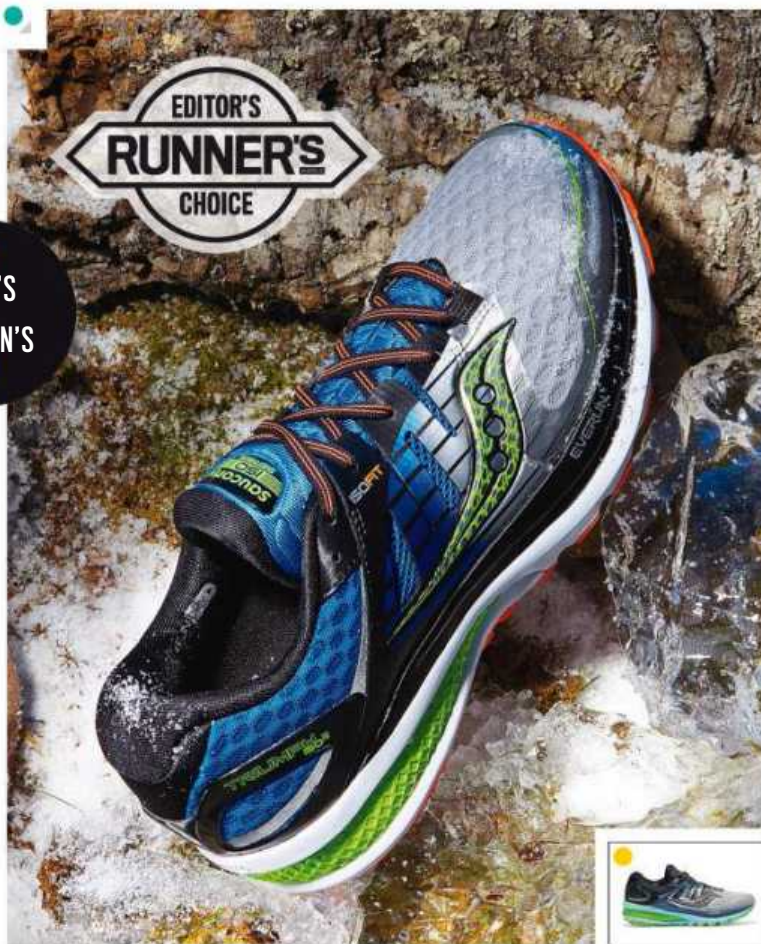


Saucony Guide 9 \$120

The Guide gets its name from the long wedge of firmer material under the arch, intended to guide the foot from touchdown to toe-off. This update received an infusion of bouncy foam on the top of the midsole for a strong improvement in bounce-back properties. “The best feature for me was great cushioning without being squishy, and nice support,” said Meghan Hogan of Bethlehem, Pennsylvania.



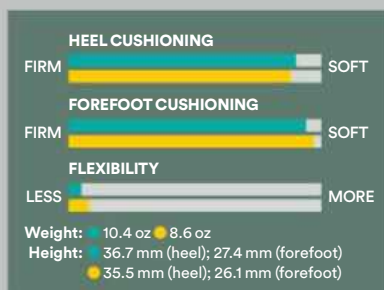
MEN'S
—
WOMEN'S



SAUCONY TRIUMPH ISO 2 \$150

The designers at Saucony didn't rest on their laurels after the Triumph ISO won our Editor's Choice award last March. In this update, they improved the adaptability of the Isofit upper and added liveliness to the ride. A thin layer of Saucony's new,

bouncy Everun material lies beneath the insole, while a larger chunk was inserted into the sole under the heel. Our lab confirmed its effectiveness, as the new material raised the shoe's bounce-back scores from a little above average to the top 10 percent among shoes we've tested. “A combination of softer cushioning and high energy return is not easy to accomplish,” said Martyn Shorten, Ph.D., head of our Shoe Lab.



TESTER'S TAKE

NAME: Don Rochford
AGE: 45
HEIGHT: 6'0"
WEIGHT: 188 lb.
MILES PER WEEK: 25
HOME: Dewitt, MI
OCCUPATION: Police Officer



“I was a little leery of trying this shoe, as I most often go with a motion control or stability shoe, but it was without a doubt the most comfortable and best-fitting shoe I have worn in years. The upper wrapped my foot well with no points of rubbing, from the snug heel to the toebox.”



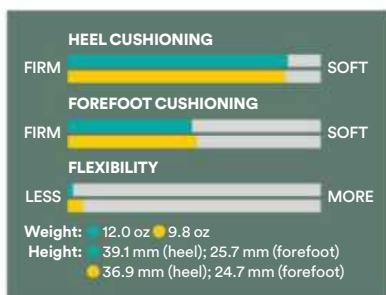
361° Spire \$140

The Spire is 361°'s luxury model, and it delivered the **highest heel-cushioning scores of any shoe in this guide**. That cushioning comes from a midsole made from layers of different materials and densities. Directly under the foot, the insole and top layer of the midsole are molded with rubber-infused Quickfoam for a soft, cushioned feel. A slightly denser, traditional foam forms the lower layer of the midsole under the heel and on the inside of the forefoot. Some loved the foot-coddling, while others found the ride marshmallowy.



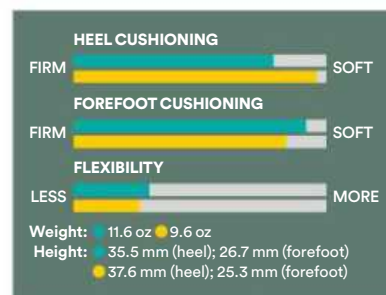
Mizuno Wave Paradox 2 \$135

Credit the full-length double Wave plate and the wide base of support for the Paradox's ultrastable feel that aligns your stride and speeds you along to the forefoot. In this update, Mizuno added more blown rubber to the large outsole pads, softened the material between your foot and the midsole, and refined the upper so it **holds stronger around the heel while being more open and flexible around the forefoot**. The support impressed testers, at the cost of feeling stiff and heavy. Those who crave control applauded this shoe.



Asics Gel-Kayano 22 \$160

If you've enjoyed the Kayano's ultra-plush, moderately stable ride before, number 22 should not disappoint. Updates were focused on the upper. A new engineered mesh requires fewer overlays and is reinforced with internal flexible plastic straps that hold the foot more securely on the arch side. **The women's version isn't just smaller, it's made on a different last that allows for more heel cushioning and a higher heel-toe drop** (height difference between heel and forefoot). Some wear-testers found the toebox too narrow.



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OTHER SHOES AND REVIEWS

In addition to the 17 in this guide, our website gives you access to hundreds of shoe reviews. Go to runnersworld.com/shoefinder to find more shoes that meet your needs in fit and performance.

VIDEO SPOTLIGHT

Runner's World Brand Editor Warren Greene (left) gives you the lowdown on each pair of running shoes reviewed in these pages. Watch and learn at runnersworld.com/shoevideos.

HOW WE TEST

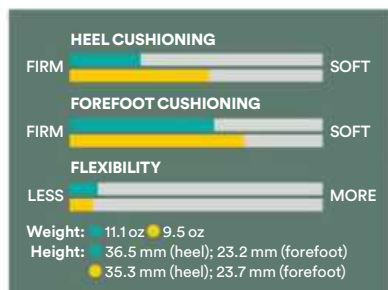
You know we review running shoes. But do you know how much time, sweat, and science are involved? To see everything that goes into a Shoe Guide, visit runnersworld.com/how-we-test.

WINTER SHOE GUIDE 2015



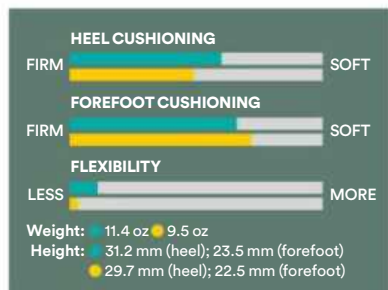
Brooks Adrenaline GTS 16 \$120

You don't fix what isn't broken, and the Adrenaline has worked well for 15 iterations, winning multiple awards and a loyal following. Brooks focused on refining the upper this time around, **changing the location of overlays to better hug around the arch and open up the toebox.** "The upper is much more comfortable," said Christopher Garges of Bethlehem, Pennsylvania, who has worn multiple GTS versions.



Adidas Supernova Sequence Boost 8 \$130

The Supernova Sequence delivers **serious stability that doesn't feel clunky.** A slab of bouncy Boost foam provides cushioning, while firmer foam on top of the midsole and under the arch serves as a supportive platform. The upper also holds the midfoot securely, with more substantial overlays than in most current shoes.

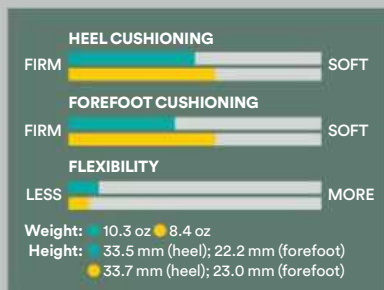


MEN'S
—
WOMEN'S



NIKE AIR ZOOM ODYSSEY \$150

The Odyssey, a new premium stability shoe, is one of Nike's first new models since the company declared a return to taking running more seriously—and the commitment shows. Designers combined several proprietary features to create a shoe that deserves to be named after Nike's classic stability model from the late '80s. Zoom Air provides responsive cushioning underfoot. A three-density, segmented midsole supports the entire arch side while letting the foot transition smoothly through the stride. An engineered mesh upper locks the foot down. **Testers commented on how comfortable the shoe felt, and on the smooth, light ride it provided without sacrificing control.**



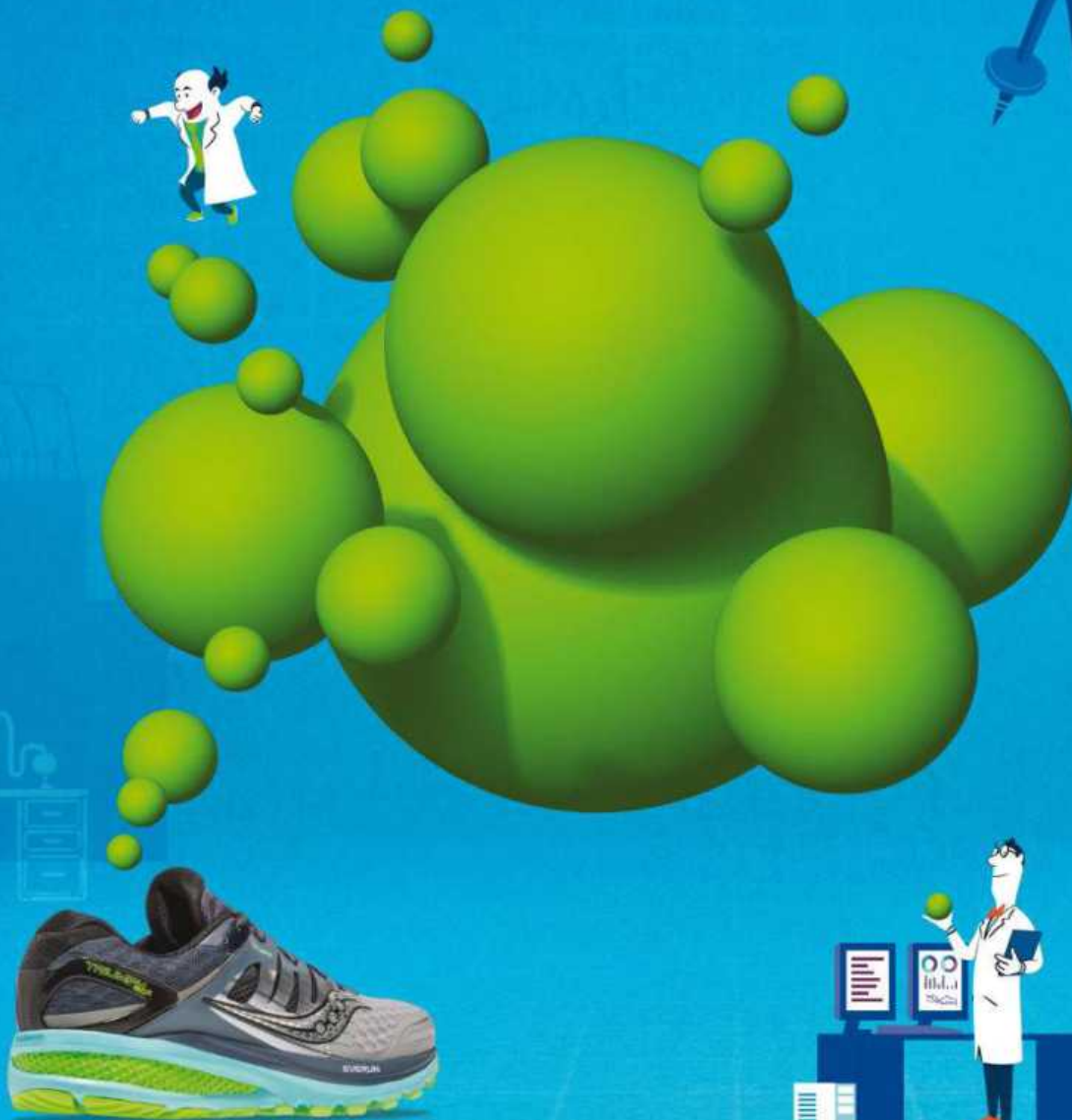
TESTER'S TAKE

NAME: Janelle Hesse
 AGE: 33
 HEIGHT: 5'9"
 WEIGHT: 215 lb.
 MILES PER WEEK: 15
 HOME: Allentown, PA
 OCCUPATION: Physician



"The Odyssey was surprisingly cushioned, comfortable, and supportive for how lightweight it was. The top was flexible but had a good secure fit with a great lacing system. It gave good support for a neutral stride and had good medial support to prevent overpronation."

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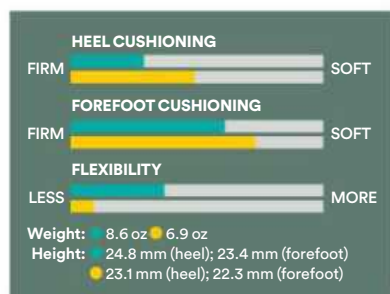
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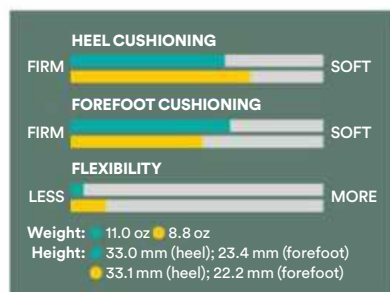
Altra Impulse \$120

At the heart of Altra's new Impulse is a "varus wedge," a method of controlling excess foot motion by building the entire arch side of the sole thicker than the outside. **Testers liked the cushioning and support from such a light shoe.** "I did not need to put my inserts in this shoe," said Janice Spodarek of Okemos, Michigan. "It already provided the cushioning and arch support."



New Balance 860v6 \$120

Runners seeking a lot of support were the most appreciative of the stable 860v6. "For me, being on the larger side for a competitive runner, **the shoe was a perfect balance: It offers support yet is lightweight and durable,**" said Jason Werner of Pewamo, Michigan. Three densities of foam in the midsole, a plastic bridge under the arch, and a wide, flared-out sole help control feet that want to roll inward.

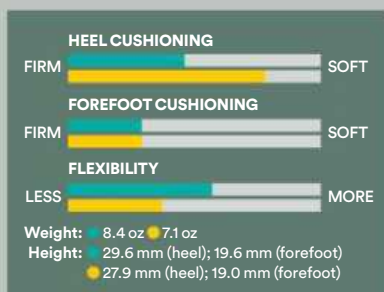


MEN'S
—
WOMEN'S



ADIDAS ADIZERO BOSTON BOOST 5 \$120

What do women want? That's what Adidas designers set out to answer before they created the women's update to the Boston Boost 5 (the men's model remains unchanged). They discovered that women, like men, want performance, but they also want shoes that fit great and make their feet look beautiful. So they removed the aggressive toe-cap and forefoot overlays and replaced the see-through fabric with a textile-feel, engineered mesh that supports in some areas and stretches in others. **The result is a shoe with sleek lines that fits better and makes your feet look smaller:** tighter around the heel and arch, wider and more forgiving at the ball of your foot. Testers loved it.



TESTER'S TAKE

NAME: Kate Galinus
 AGE: 58
 HEIGHT: 5' 7.5"
 WEIGHT: 152 lb.
 MILES PER WEEK: 25
 HOME: Lansdale, PA
 OCCUPATION: Semi-Retired Musician



"My first impression was that there wasn't much to the shoe. But I have to say, I really like it. It is lightweight and comfortable. I like the breathability of the mesh upper and the fit: There is enough room in the toebox, yet the mid-foot and heel snug up the foot. And it looks good."



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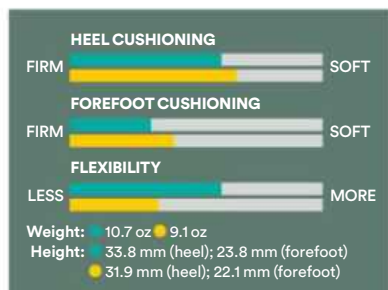


WINTER SHOE GUIDE 2015



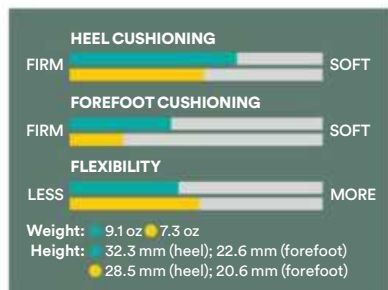
Puma Ignite Pwrwarm \$110

This is a simple shoe that highlights two improved materials. Underfoot, the midsole is made from a bouncy polyurethane compound that matches Adidas's Boost foam in energy-return scores. This version has a slightly thicker midsole than the debut Ignite model released last February. The result is **more cushioning, but the ride is still more responsive than plush**. The upper is highly visible for darker runs.

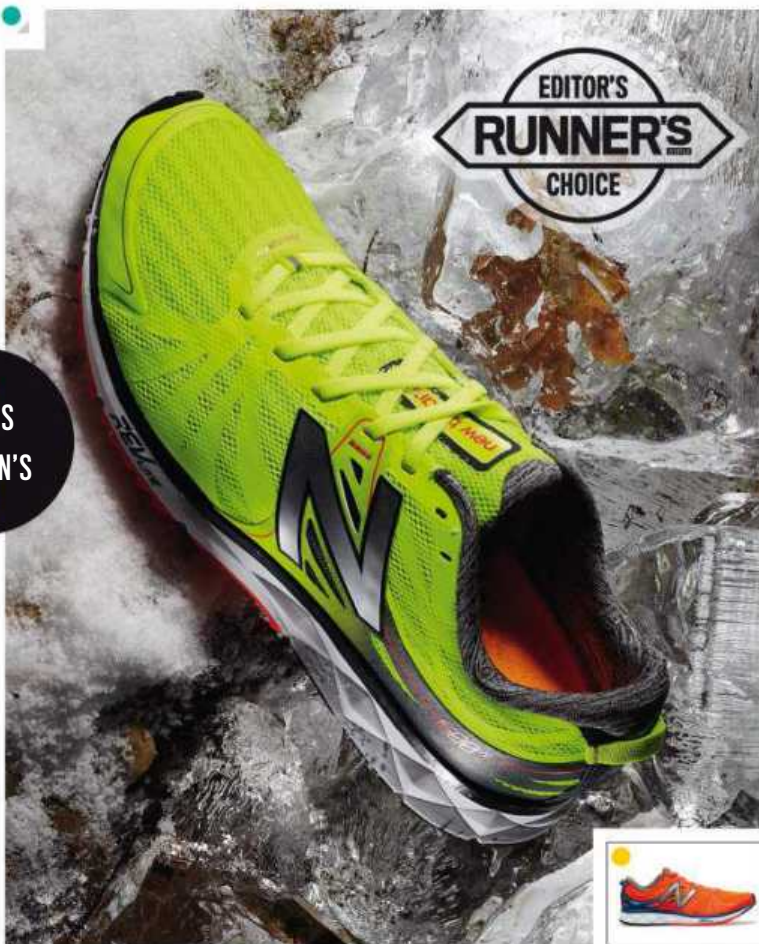


Mizuno Wave Sayonara 3 \$110

Sayonara lovers, take note: This is not the same low-profile, fast-feel, lightweight trainer. Mizuno remade the Sayonara as a **neutral-cushioned shoe with more material underfoot and a softer feel**. Those who knew and liked the original Sayonara found the ride changed beyond recognition. Minus expectations, newcomers found more to like in the update that remains light.

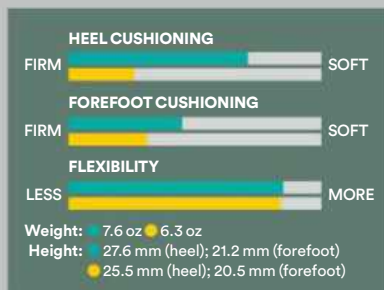


MEN'S
—
WOMEN'S



NEW BALANCE 1500v2 \$110

When you're racing long, you don't want a shoe to weigh you down, but you need cushioning and support to keep your stride in line as you fatigue. That's where testers say the New Balance 1500v2 excels, with its light, responsive ride combined with the support of a dual-density midsole and a plastic bridge under the arch. Several found the shoe worked well for long training runs, while others reserved it for shorter racing. In either context, **testers loved the flexibility, "Goldilocks" cushioning, and comfortable upper**—and gave it the highest overall marks among shoes in this guide. Outsole rubber was added to increase durability. The fit of the tongue and midfoot wrap improved.



TESTER'S TAKE

NAME: Craig VanSumeren
AGE: 54
HEIGHT: 5' 11"
WEIGHT: 173 lb.
MILES PER WEEK: 35
HOME: Okemos, MI
OCCUPATION: Supply Chain Manager

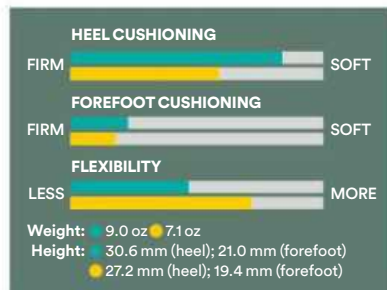


"You can't help but feel fast in these shoes. Super comfortable and lightweight but still enough support for longer runs. The heel-toe drop was just right for me—it really encourages and supports good running form. Cushioning was just right; there was plenty for long runs, yet not too much."



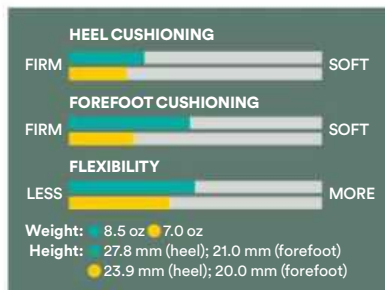
361° KgM2 \$110

Light, flexible, and flashy, the KgM2 is a go-fast shoe with good heel cushioning and a touch of stability from its dual-density, contoured midsole. Male testers liked the fit and comfort of the long toebox and soft, breathable mesh upper, but were disappointed that the decorative overlays started peeling off quickly. Most said the shoes didn't provide enough support for longer runs, but **the low-to-ground stance and grippy outsole made these versatile.** "The shoe felt equally at home running and weight lifting," said Nathan De Winkle of Lansing, Michigan.

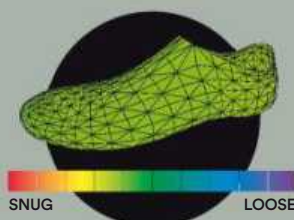


Puma Faas 500 v4 Pwrwarm \$110

A natural ride that won't beat you up, the Faas 500 v4 sports a low heel-toe drop; a single-density midsole; and just enough protective cushioning. The fourth version weighs 1.4 ounces less, due in part to a new midsole made from a foam-rubber blend. Testers said it provided **a smooth ride with pop.** The upper is made of a reflective, heat-retaining material for winter running, and the well-padded tongue has a locking system to better secure the mid-foot. It didn't fit all testers, but when it wrapped their foot right, they found the shoe so comfortable it disappeared.



HOW IT FITS: Scans from Shoefitr, a company that makes 3-D images showing how a shoe fits relative to the average shoe, reveal that the men's version of the KgM2 (shown here) has a slightly long toebox that felt roomy. The women's version, however, scanned short, and several female testers reported a need to size up. To see scans of all shoes in this guide, visit runnersworld.com/shoeguide.



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SAY "CHEERS"

After you've gone the distance, kick back with a craft cocktail (or three) at Center City's Franklin Bar, where the dark basement space says "speak-easy." thefranklinbar.com

Few film clichés are as beloved as the training montage depicting the hero getting fit for the big game—or in the case of the *Rocky* movies, the title fight. Since 2013, intrepid runners have spent the first Saturday in December retracing the steps of the Italian Stallion as he prepped for his rematch with Apollo Creed. Befitting a character who soaked it to slabs of raw meat, this is no frilly, Liberty-Bell-and-Betsy-Ross take on Philly: Much of the 31-mile route winds through areas tourists rarely see, and because it's a free "fat ass run," organizers provide only a website with a map—no water, potties, or awards. Turn the page to learn why it's worth donning sweats to be Rocky for a day. ➔

● CINEMATIC START

"As we were getting ready to begin [there's no starting line—just a group of 100 or so runners gathered in a parking lot], I recognized Rocky's house in the movie. It's the one with the rail he jumps over to start his run. I thought, *I'm gonna run where Rocky ran!*"

—JO BUYSKE, 55, PHILADELPHIA



● DIY AID STATIONS

"The group I was running with decided to take a fuel break at a 7-Eleven at mile 15. Although there was talk of buying a dozen eggs and eating them raw in a Rocky-esque manner, I opted for a chili cheese dog and a Coke—much tastier than a gel and a Gatorade."

—BOBBY LONGENECKER, 26, LITITZ, PENNSYLVANIA

● ROADS LESS TRAVELED

"I got to experience areas of Philadelphia I'd never seen before. I particularly liked running along the Delaware River around miles four and five. Without course markers, we had to navigate ourselves, which was fun. I made a cheat sheet of the route from the map on the website and pinned it to my jacket."

—CLARK PERKS, 48, MEDFORD, NEW JERSEY

● AMUSED ONLOOKERS

"I hadn't run through the Italian Market since I went to college in Philly in the late 1980s. Back then, the guys selling fresh fruit and vegetables sometimes would belt out a few bars from the Rocky theme as my teammates and I jogged by. This time, when we ran between the rows of vendors lining 9th Street, someone yelled, 'Yo, Adrian!' Not heckling—just paying homage to the movie and a group of hardy souls out running on a chilly December morning."

—ADAM BUCKLEY COHEN (RW CONTRIBUTOR), 47, NORMAN, OKLAHOMA

● BIG FINISH

"There's no finish line. But like in the movie, you finish by running up the steps of the Philadelphia Museum of Art (left), where you get a great view looking out over the Ben Franklin Parkway and the city's skyline. The first year I did it, my running companion stopped at 26 miles, and I was alone for the final five miles. So it was great when my two boys, who were 10 and 8, met me at the bottom of the art museum steps. Then we ran up together and did the requisite victorious spin-around, pumping our fists in the air like champs."

—TERRI WALLACE, 48, AUDUBON, NEW JERSEY



REFUEL

Grab a cheesesteak at one of South Philly's sandwich kingpins: **Geno's** (genosteaks.com) or **Pat's** (patskingofsteaks.com). Order like a local: Choose provolone or Cheez Whiz, and specify "wit" or "wit-out" onions.



Ask a Pro Ben True, who won last year's Thanksgiving Day Manchester Road Race in Connecticut, talks Turkey Trots.

How is your mind-set different before a holiday race?

Because I'm just coming back after my post-track-season break, it's more about running for fun and enjoyment. One of the beauties of a Turkey Trot is that it's just a big community festival: There are people running in costumes and bands playing along the way. I'm running more for the vibe and the excitement and the camaraderie, as opposed to other races that are more performance-focused.

What's your recovery like after a Turkey Day race?

Thanksgiving tends to be a day with lots of driving and sitting around, which I try to take into account. Compression socks definitely help. Stopping and moving around, depending on how long the drive is, can help.

Any particular downsides to racing on an eating day?

Yeah, getting the schedule worked out so that you're able to race and still meet up with family in time to feast. Luckily, the idea of doing some kind of athletic endeavor the morning of Thanksgiving is something that's been in my family for a while. When I was growing up, we would always do something active in the morning, like going to the high school to play a pickup game of soccer with a bunch of friends. You go out and exercise a little bit to get ready to gorge yourself.

Fun Finale Cap off your racing year with a just-for-kicks event.

SANTA HUSTLE HALF MARATHON AND 5K

Refuel like the big man from up north would, with a cookie station before mile one and a candy station before mile two. The course winds under roller coasters in the Cedar Point amusement park, and a Santa hat and beard come in every swag bag.

December 20, Sandusky, Ohio
santahustle.com



HANGOVER HALF SERIES

The 5K Resolution Run at 5 p.m. on New Year's Eve includes four beer (or root beer) aid stations. Rehydrate, then line up for the Run in the New Year 5K at 11:45 p.m. Complete the series with the hilly Hangover Half Marathon and 5K the next morning.

December 31 and January 1, Wichita, Kansas, hangoverhalf.com

HOT BUTTERED RUN

This 10K runs around San Diego's Paradise Point and along Mission Bay before ending in a chute lined with Christmas trees. Finishers toast their accomplishment with a Hot Buttered Rum, a warmed drink that mixes nutmeg, butter, and of course, rum.

December 20, San Diego, California
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RUN FOR GOOD

Saucony and the nonprofit Saucony® Run for Good™ Foundation are celebrating a decade of fighting childhood obesity with the announcement of a new round of grant winners, ensuring that even more kids can experience the life-changing benefits that come from a lifetime of running and physical activity. Since 2006, Saucony has been an industry leader in supporting nationwide efforts

to ensure that children in the U.S. can grow up at a healthy weight by awarding more than \$1 million in grants to schools and community organizations dedicated to preventing childhood obesity through running and proper nutrition.

According to the Centers for Disease Control and Prevention, nearly one in three children in America is overweight or obese. A 2015 report by the American Academy of Pediatrics (AAP) seeks to reverse the trend by placing greater emphasis on prevention. In addition to a healthier diet, the report stresses the importance of physical activity, recommending 60 minutes of activity daily.

"We completely agree with the new AAP guidelines of early prevention and the importance of daily physical activity, especially running, to keep children at a healthy weight," said **Richie Woodworth**, president of Saucony and the Saucony Run for Good Foundation Board of Directors. "At

Saucony, our brand mission is to empower the human spirit through running; more than ever, that must include our kids. As we mark the Saucony Run for Good Foundation's 10th anniversary of fighting childhood obesity, we remain firmly committed to reversing this epidemic as we instill a passion for running in kids everywhere."

The following organizations have been selected to receive a Saucony Run for Good Foundation grant: **Brookings 100 Mile Club**, Springfield, MA; **Cucamonga Elementary School**, Rancho Cucamonga, CA; **Discovery Afternoon Running Team**, Goddard, KS; **Garden City Family YMCA & Dodge City Family YMCA**, Garden City, KS; **Inland Empire Running Club**, West Covina, CA; and **Youth Run NOLA**, New Orleans, LA.

For further information about the Saucony Run for Good Foundation, including how to apply for a grant, please visit saucony.com/runforgood.

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● CONTINUED FROM PAGE 86

and it's good to challenge science and to challenge dogma, but I don't think he has the science to back it up," says John Hawley, Ph.D., the head of the Centre for Exercise and Nutrition at the Mary MacKillop Institute for Health Research at Australian Catholic University. He used to be Noakes's student and collaborator.

Hawley points to research that shows that after a long period of fat adaptation, an athlete doesn't really spare glycogen the way she hopes to. Instead, long-term fueling off of fat can impair the body's ability to process glycogen, he says.

And the research on glycogen is pretty clear: It is the far superior fuel for short, fast, speed-focused efforts. "Anytime you ask the muscles to fire rapidly, the power is going to be dramatically reduced if your glycogen stores are depleted," says Hawley. "At the end of the day, the muscles prefer using carbohydrates." But he adds: "The longer the event, the more fat adaptation is an advantage." The 54-mile Comrades Marathon in South Africa is an example of where fat adaptation might make sense.

Sports nutritionist Nancy Clark isn't sold on the Noakes approach either. "How long do you really want to not eat carbs?" she asks, adding, "I always wonder what the [postdiet] backlash will be." For people who try a low-carb diet, adding carbs back in can be particularly discouraging. Clark says that for every ounce of carbohydrate you eat, your body stores three ounces of water. "So their weight shoots up and they go back to the low-carb diet."

There are more moderate approaches to fat adaptation. Seeböhrer advocates a 1-to-1 carb-to-protein or -fat ratio, but discourages his clients from actually counting grams or calories. "I use the hand method," he says, meaning if you eat a wrist-to-fingertip-sized portion of protein, you need to eat the same portion of vegetables, too—your portions should mirror each other like your right and left hands. "We look at every individual's diet and say, 'What can you not live without?' If it's your morning oatmeal, maybe we reduce it from one cup to half a cup and we add in coconut oil and plain Greek yogurt to reduce the carb load."

The Race

"YOU'RE RUNNING SO WELL," was the consensus from my local running team. "You're totally going to run that sub-four."

Three weeks before my marathon, I began reintroducing some carbs to my long runs. I did a trial half marathon and took a gel at mile 10. I hadn't felt like I'd needed it—that's the beauty of this system, you never feel low on energy—but I slurped it down anyway.

Reedy had said eating carbs after going without would make me feel superhuman. I waited. And waited. I ran to the finish feeling no better or worse for having had the maltodextrin boost. Perhaps my body was already losing its ability to process glycogen, as Hawley had warned.

On marathon morning—exactly 16 weeks after leaving carbs behind, and 13 pounds lighter—I drank coffee blended with butter and ate whole-milk yogurt on my way to the starting line. I lined up with a packet of almonds and a flask of gel tucked into my shorts. I was the thinnest I'd been since college and I was sure a 3:58 marathon was in my reach.

The faster I run, the faster I can get to the posttrace pizza, I thought.

We took off, with Florida's sweaty morning air hanging heavy on our shoulders. At mile six I sipped at my gel, as instructed. At mile 12 things were still looking good, and though I felt no difference whether I took in gel or not, I swigged anyway. The miles ticked by, and I was right on pace.

And then, at mile 16, I fell apart.

It was a total mental meltdown. My iPod broke. My asthma flared. I had to make a pit stop. There were two sun-seared miles without a water stop. I found every excuse why I couldn't run 3:58 and milked it, descending into that deep, dark brain crevasse that every runner knows and fears.

The one thing missing from my list of reasons I wouldn't hit 3:58 was a lack of fuel. I felt topped off the entire race. There was no physical bonk—not even the threat of one. My meltdown was purely mental.

In the end, I ran a 4:07. It wasn't the time I wanted, but it was a 16-minute PR. And after five years of being stuck at the same time, it felt pretty damn good.

However, I'm not sure I'd stick with a high-fat diet. Noakes argues that this is a lifestyle change that someone must be committed to forever in order for it to really work. Reedy lets his athletes go back to a normal diet between races, but that means re-fat-adapting every time you get back into marathon mode. Seeböhrer has his athletes "periodize" their diets depending on what kind of training they're doing. While he may

let some clients eat more carbs during certain times of the year, he doesn't advise they yo-yo back and forth between a high-carb and a low-carb diet. "Let's find something that works for you long-term," he says.

I loved the steady supply of energy that fat adaptation gave me, and I'm the leanest I've been in several years. But I missed drinking beers with friends and polishing off midnight pizzas with my husband. I hated feeling guilty about grapes. And I pined for cake. A lot.

As I lay in the grass just beyond the finish line, my husband asked if I was ready to start heading home.

"Home?" I replied. "Take me to Costco. I have a carrot cake to buy." 🍷

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MAR 5, 2016 - Myrtle Beach Marathon, Half Marathon, Team Relay, 5K & Fun Run

Myrtle Beach, SC

Contact: Myrtle Beach Marathon,

P.O. Box 8780, Myrtle Beach, SC 29578.

(843) 293-RACE

mbmarathon@yahoo.com

www.mbmarathon.com

MAR 5, 2016 - Snickers Marathon & Half Marathon

Albany, GA

Contact: 112 N. Front St., Albany, GA 31701.

(229) 317-4760

www.albanymarathon.com

MAR 19-20, 2016 - Yuengling Shamrock Marathon Weekend, Marathon, Half Marathon, 8K & 1M

Virginia Beach, VA

Contact: J&A Racing,

3601 Shore Drive, Virginia Beach, VA 23455.

(757) 412-1056

info@shamrockmarathon.com

www.shamrockmarathon.com

NORTH ATLANTIC

MAR 20, 2016 - Ocean Drive Marathon, 10M & 5K

Cape May, NJ

Contact: Ocean Drive Run Club Inc.,

P.O. Box 1245, 1000 W. Valley Road, Southeastern, PA 19399.

(609) 523-0880

odmracedirector@comcast.net

www.odmarathon.org

APR 9, 2016 - Garden Spot Village Marathon & Half Marathon

New Holland, PA

Contact: Kelly Sweigart,

433 South Kinzer Avenue, New Holland, PA 17557.

(717) 355-6000

marathon@gardenspotvillage.org

www.gardenspotvillagemarathon.org

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MAY 21, 2016 - Armed Forces Day Festival/Liberty Lightning 9K

Liberty State Park, Jersey City, NJ

Contact: AFDF Planning Coordinator,

549A Pompton Ave., Suite 195, Cedar Grove, NJ 07009.

(862) 217-4226

LL9K@libertyrun.org

www.libertyrun.org

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Publix Savannah Women's Half Marathon & 5K

APRIL 2, 2016

SAVANNAH, GA

Contact: Jonathan Sykes

101 East Bay St., Savannah, GA 31401.

(912) 644-6452

jsykes@visitsavannah.com

www.savannahwomenshalf.com

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APR 3, 2016 - Covenant Health Knoxville Marathon, Half Marathon, 5K & Relay

Knoxville, TN
Contact: Jason Altman,
 P.O. Box 53442, Knoxville, TN 37950.
 (865) 684-4294
info@knoxvillemarathon.com
www.knoxvillemarathon.com

APR 17, 2016 - Kill Cliff Destin Marathon & Half Marathon

Destin, FL
Contact: Zane Holscher
 (850) 659-7379
rd@destinmarathon.com
www.destinmarathon.com

MAY 1, 2016 - Divas® Half Marathon & 5K in North Myrtle Beach

North Myrtle Beach, SC
Contact: Continental Event & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
info@runlikeadiva.com
www.runlikeadiva.com

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NORTH CENTRAL

APR 29 - MAY 1, 2016 - Cincinnati Flying Pig Marathon, Half Marathon, 4-Person Relay, 10K & 5K

Cincinnati, OH
Contact: 644 Linn Street,
 Suite 626, Cincinnati, OH 45203.
 (513) 721-7447
info@flyingpigmarathon.com
www.flyingpigmarathon.com

APR 30, 2016 - Christie Clinic Illinois Marathon, Half Marathon, Relay, 10K, 5K & Youth Run

Champaign/Urbana, IL
Contact: Jan Seeley,
 P.O. Box 262, Champaign, IL 61824.
 (217) 369-8553
jan.c.seeley@gmail.com
www.illinoismarathon.com

MAY 7, 2016 - 40th Annual OneAmerica 500 Festival Mini-Marathon (13.1Miles) & 5K

Indianapolis, IN
Contact: Brett Sanford,
 21 Virginia Ave., Suite 500, Indianapolis, IN 46204.
 (317) 927-3378
raceinfo@500festival.com
www.indymini.com

MAY 15, 2016 - Divas® Half Marathon & 5K Midwest at Branson

Branson, MO
Contact: Continental Event & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
info@runlikeadiva.com
www.runlikeadiva.com
 Save 10% - Use **RWMODEC15** (exp. 12/31/2015)

MAY 15, 2016 - Rite Aid Cleveland Marathon, Half Marathon, 10K, 5K & Kids' Run

Cleveland, OH
Contact: Ralph Staph,
 29525 Chagrin Blvd., #215, Pepper Pike, OH 44122.
 (800) 467-3826
cmi@clevelandmarathon.com
www.clevelandmarathon.com

AUG 20, 2016 - Madison Mini-Marathon, Half Marathon, 5K & Kids Run

Madison, WI
Contact: Sandra Chambers,
 16851 Southpark Dr., Suite 100, Westfield, IN 46074.
 (317) 354-7796
sandra@visioneventmanagement.com
www.madisonminimarathon.com

SEP 17, 2016 - Air Force Marathon, Half Marathon, 10K & 5K

Dayton, OH
Contact: Race Director,
 5030 Pearson Rd., Bldg 219, Rm 106, Wright-Patterson AFB,
 OH 45433.
 (937) 257-4350
usaf.marathon@us.af.mil
www.usafmarathon.com

SOUTH CENTRAL

JAN 15-17, 2016 - The Louisiana Marathon, Half Marathon, Quarter Marathon, 5K & Kids Marathon

Baton Rouge, LA
Contact: Danny Bourgeois,
 721 Government St., Suite 103, Box 295, Baton Rouge, LA 70802.
 (504) 669-1530
danny@thelouisianamarathon.com
www.thelouisianamarathon.com
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FEB 20, 2016 - Jail Break Run, Half Marathon & 5K

Baytown, TX
Contact: Mary Pinney,
 P.O. Box 893, Mt. Belvieu, TX 77580.
 (832) 767-8535
mary@project-blue.org
www.jailbreakrun.org

FEB 21, 2016 - Michelob Ultra El Paso Marathon, Half Marathon & 5K

El Paso, TX
Contact: Mike Coulter,
 P.O. Box 2443, El Paso, TX 79952.
 (915) 274-5222
information@elpasomarathon.org
www.elpasomarathon.org

APR 3, 2016 - 5th Annual Austin 10/20, Ten Miles

Austin, TX
Contact: Turnkey Operations,
 11100 Alterra Pkwy., Austin, TX 78758.
 (512) 299-9190
info@austin1020.com
www.austin1020.com
*Austin's Live Music Race! 10 Miles, 20 Rockin' Bands, Headliner Finish Concert! Save 10% with code **RW1020**.*

APR 24, 2016 - Divas® Half Marathon & 5K in Galveston

Galveston, TX
Contact: Continental Event & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
info@runlikeadiva.com
www.runlikeadiva.com
 Save 10% - Use **RWTXDEC15** (Exp. 12/31/15)

MOUNTAIN PACIFIC

JAN 17, 2016 - Maui OceanFront Marathon, Half Marathon, 15K, 10K, 5K & The Free Cookie Fun Run

Lahaina, HI
Contact: Les Wright,
 P.O. Box 20000, So. Lake Tahoe, CA 96151.
 (530) 559-2261
runmaui@gmail.com
www.runmaui.com

MAR 13, 2016 - Wine Country Runs, Half Marathon & 5K

Paso Robles, CA
Contact: Mary Ann Burke,
 1191 Creston Rd #115, Paso Robles, CA 93446.
winecountryruns@gmail.com
www.winecountryruns.com

MAR 20, 2016 - Bataan Memorial Death March Marathon & 14.2 Mile

White Sands Missile Range, NM
Contact: Mark Vest,
 Aberdeen Ave., Bld. 501, Rm. 10,
 White Sands Missile Range, NM 88002.
 (575) 674-4205
mark.d.vest3.naf@mail.mil
www.bataanmarch.com

MAY 1, 2016 - Avenue of the Giants Marathon, Half Marathon & 10K

Weott, CA
Contact: Cynthia Timek,
 P.O. Box 214, Arcata, CA 95518.
 (707) 822-1861
ctimek@theave.org
www.theave.org

MAY 15, 2016 - Kaiser Permanente Colfax Marathon, Half Marathon, Urban 10 Miler & Marathon Relay

City Park, Denver, CO
Contact: Melissa Bissett,
 PO Box 6117, Denver, CO 80206.
 (720) 218-4191
melissa@runcolfax.org
www.runcolfax.org
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JUN 5, 2016 - Divas® Half Marathon & 5K in San Francisco Bay

Burlingame, CA
Contact: Continental Events & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
info@runlikeadiva.com
www.runlikeadiva.com
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INTERNATIONAL

FEB 28, 2016 - Kilimanjaro Marathon, Half Marathon & 5K

Tanzania, Africa
Contact: Kathy Loper Events,
 5173 Waring Rd., Suite 142, San Diego, CA 92120.
 (619) 298-7400
info@kathyloperevents.com
www.kathyloperevents.com/kilimanjaro
Run the Villages & Farms at the Foot of Africa's Mighty Mt. Kilimanjaro!

MAY 21, 2016 - Great Wall Marathon, Half Marathon & 8.5K

Huangyaguan, China
Contact: Kathy Loper Events,
 5173 Waring Rd., Suite 142, San Diego, CA 92120.
 (619) 298-7400
info@kathyloperevents.com
www.kathyloperevents.com/gwm
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MAY 29, 2016 - Scotiabank Ottawa Marathon, Half Marathon, 10K, 5K, 2K & Kid's Marathon

Ottawa, ON, Canada
Contact: John Halvorsen,
 5450 Canotek Rd., Unit 45, Ottawa, ON K1J 9G2.
 (866) RUNOTTA
halvorsen@runottawa.ca
www.runottawa.com
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NOV 13, 2016 - Athens Marathon, 10K & 5K, Original Historical Course

Athens, Greece
Contact: Apostolos Greek Tours Inc.,
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www.athensmarathon.com
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you control your
own destiny.
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you're not in
control. I am.

I GOT FIRED when I was younger, started an Internet security business, and that was that. Some people have a vision to start a business. Others adapt because they're forced to. I was the latter.

I WAS A CASUAL RUNNER my whole life, but I got serious eight years ago when my mom became ill with cancer. My company was

growing, my kids were little, the days felt overwhelming. The only thing that made me forget about everything was running, so I started doing it every day.

MOST PEOPLE THINK business is the fun, sexy stuff we see on TV, but success comes from the 22 things you have to do every day that nobody notices.

● Herjavec stars as an investor on the Emmy award-winning ABC reality series *Shark Tank*, which is currently in its seventh season and airs Fridays at 9:00 P.M.

THAT'S JUST LIKE running. There are a lot of fans at the finish line of a marathon, but not as many between miles three and 26.

MY PROUDEST running moment was my first marathon in Miami in 2009. I trained only for a few months, but I was really proud that I even finished [in 4:40].

I RUN FIVE MILES daily, plus a long run of eight to 10 miles on Sunday. It's hard to find the time, but if I don't, I'm more tired, I need to eat more—it affects me physically and mentally.

I APPEARED ON *Dancing with the Stars* this year and made it to week eight of 10 with no dance experience. I attribute that to the shape I was in from running.

THE BIGGEST LESSON I take out of running is that pain is temporary—and so is accomplishment.

I CRINGE when people ask to run with me. I love running alone. It allows me to think. When I run with others, I always feel the need to socialize. Running isn't social to me, it's personal.

I GET BUSINESS IDEAS all the time while running. I used to forget them by the time I was done, so now I bring a piece of paper with me in case something comes up.

I WANT TO qualify for Boston—I don't want to buy my way in [as a charity runner]. I'll do that one of two ways: get faster, or just stay the same speed and get older so the standards get slower.

AS LONG AS I'm running consistently, that's success to me. I get more out of running than I put into it. It gives me energy to go out and attack the day. 🏃



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